LUNCH RUSH
CUSTOM-BUILT SANDWICHES TAKE OUT GUESS WORK {page 13}

THE NEW AGE OF MANSCAPING TURNS BACK THE CLOCK {page 11}

ARM CANDY

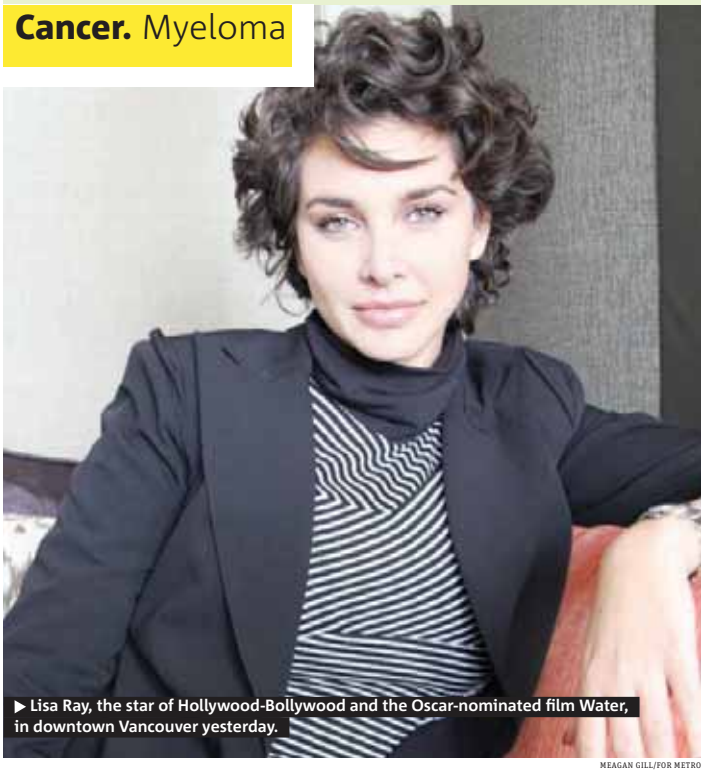
SCARJO'S WEDDING DATE TURNS HEADS {page 10}

VANCOUVER metro®

Tuesday, March 29, 2011
www.metronews.ca

News worth sharing.

Cancer. Myeloma



▶ Lisa Ray, the star of Hollywood-Bollywood and the Oscar-nominated film Water, in downtown Vancouver yesterday.

MEAGAN GILL/FOR METRO

Actress and model Lisa Ray was in Vancouver as part of a cross-Canada tour to raise awareness of myeloma, a rare and incurable cancer of the bone marrow. Ray was diagnosed with myeloma in 2009. Story, page 3.

Malhotra slated for eye surgery

Procedure taking place in New York today {page 28}

Post-secondary roundup

Read up on latest campus news in Learning Curve {page 15-17}

Uphill fight forecast for provincial Tories

▶ Former MP John Cummins expected to make B.C. Conservative leadership bid today ▶ Fears of vote splitting will hold party back, professor says

MATT KIELTYKA
@METRONEWS.CA

Voters may want more choice, but the fear of a New Democrat government in British Columbia will keep Liberal donors away from a re-energized provincial Conservative party, according to one analyst.

Former Delta-Richmond MP John Cummins, a commercial fisherman who served in Parliament for 18 years, is expected to announce his bid to lead the B.C. Conservative Party in Vancouver today.

University of Victoria political scientist Dennis Pilon said Cummins would be the high-profile leader the party has been missing since the '70s, but stopped short of saying the Conservatives could become a player in the provincial scene.

"They've always been held back by the fear that any split (between the Liberal and Conservative parties) would cause an NDP government," Pilon said. "So there may be a desire from the people to have more choice, (but) the business community won't support (the Conservatives)."

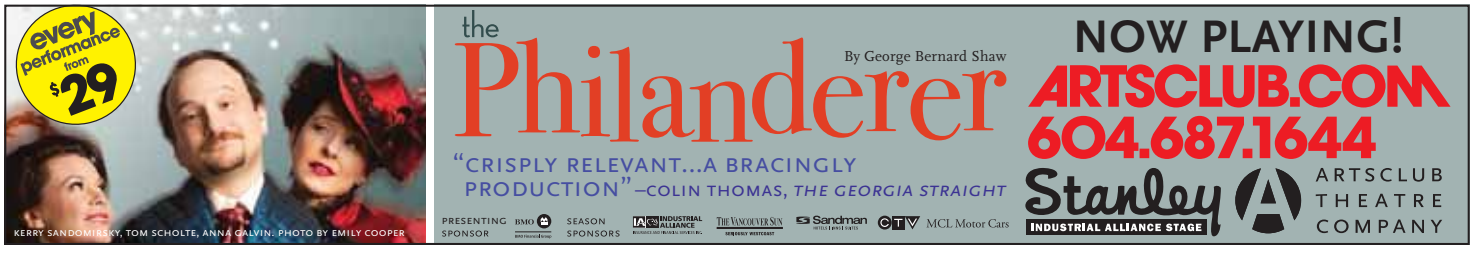
If the Conservatives can't convince traditional Liberal donors to take a chance on the party — and possibly relinquish power — the party will continue to exist on the margins of the political scene, according to Pilon.

The last Conservative to sit in the legislature was Victor Stephen, who was MLA for Oak Bay from 1978 to 1979.

The UVic professor also said rumours of a fractured Liberal coalition haven't manifested into reality.

"Christy Clark has done a great job bringing her rivals into the leadership fold," he said. "We're not seeing a split."

The B.C. Conservative Party leadership convention is scheduled for May 28 in Surrey.



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Radiation found in local water

Researchers at Simon Fraser University say they've found increased levels of radiation in local seaweed and rainwater, likely from the nuclear reactor meltdown in Japan.

But SFU nuclear scientist Kris Starosta said the levels aren't harmful to humans.

Japanese officials have been working to prevent a nuclear meltdown at the Fukushima nuclear power plant after a massive earthquake on March 11 disabled cooling systems.

KRISTEN THOMPSON

MATT KIELTYKA/METRO FILE

▶ Missing Women Inquiry commissioner Wally Oppal

Probe looks to cast wider net

The B.C. government has agreed to expand the Missing Women Inquiry by adding a less formal study commission.

Commissioner Wally Oppal requested the second phase earlier this month, saying more members of the community would be willing to testify about the disappearances of women from the Downtown Eastside and the Robert Pickton investigation if there was a less intimidating setting.

Attorney General Barry Penner announced yesterday that the terms of reference have been amended to include a study commission. MATT KIELTYKA

Amusement. Spinning with the star

▶ Riders in Orlando take a 70 km/h spin on a Star Flyer ride, which is coming to Playland in Vancouver. The ride will be a permanent attraction as of this summer.

CONTRIBUTED

Gravol pills sold separately

The $2-million Star Flyer will be one of only two in Canada, and — at 66 metres — will be Playland's tallest ride. The new attraction will be free with admission during Playland season. To read about the Star Flyer, visit metronews.ca/vancouver.

Actress stumps for rare cancer

Tour has made stops in Calgary and Vancouver ◐ Toronto, Montreal and Halifax remain ◐ Actress Lisa Ray says tour is her way of giving back

MEGAN GILL
VANCOUVER@METRONEWS.CA

Lisa Ray, internationally known model, actress and star of the Oscar-nominated film Water, is used to playing different roles. What she wasn't prepared for was fighting for her life.

At only 37 years old, Ray was diagnosed with multiple myeloma, a rare and incurable cancer of the bone marrow. She credits the latest breakthroughs in treatment as the reason she's here today.

"I want to ensure that other patients have the right access to the right treatment at the right time," said Ray.

Ray has partnered with Myeloma Canada to help raise awareness with their Make Myeloma Matter tour across five Canadian cities.

Ray says this tour is her way of giving back. She hopes to use her platform to give people more information about the disease that will empower them to live longer, more productive lives.

"We really need that extra nudge to convert something that's fatal into something that is manageable," said Ray.

Myeloma facts

- Aldo Del Col, executive director of Myeloma Canada, says people are generally diagnosed with myeloma in their mid-60s.
- Col said myeloma is very rare and makes up about 1.5 per cent of all types of cancer.
- For more information on Myeloma Canada, visit myelomacanada.ca.

1 news

Japan's nuclear crisis highlights alarming gaps in radiation treatment. Scan code for story.

1 Download the free ScanLife application with your smartphone at 2dscan.com

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Allan Small on why it's investors that determine stock market strength, not headlines. More at metronews.ca/investing

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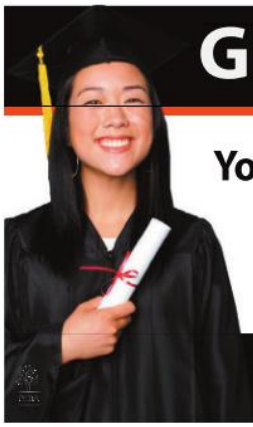

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Campaign trail built on budgetary promises

Stephen Harper and Michael Ignatieff hit the road campaigning on tax cuts and health care

Election 2011

It took a weekend of mud-slinging but Canada's 41st general election campaign climbed out of the sandbox yesterday and started focusing on policy.

Prime Minister Stephen Harper was in B.C. promising a tax break for two-parent families, albeit several years from now — and provided the government manages to balance the budget.

The $2.5-billion scheme would allow spouses with children younger than 18 to split household income up to $50,000 in order to fall into lower tax brackets. The plan wouldn't begin until 2015-16 under current Conservative deficit projections.

In Toronto, Liberal Leader Michael Ignatieff argued that big-budget Tory spending priorities such as corporate tax cuts, stealth fighter jets and prison expansion would leave the cupboard bare when the federal-provincial accord on health care expires in 2014.

"If you spend billions on fighter jets, on mega-prisons, very quickly by 2014 we'll reach a point where there's not enough money to work with the provinces in order to save the universal, accessible health system we have," he said.

Ignatieff suggested renewing the 10-year, federal-provincial health accord of 2004 is going to require huge budgetary tradeoffs at a time when Harper is promising major tax breaks — if the budget is balanced.

The former Liberal government of Paul Martin pledged an additional $41 billion for health care over 10 years, and Harper committed another $39 billion over seven years in 2007. Health-care transfers are increasing at six per cent annually, but all that expires three years from now.

"Keep in mind the date 2014," Ignatieff said.

Ignatieff dismissed the Conservative tax promise, saying families are being put "at the back of the line" behind big business.

THE CANADIAN PRESS

Budget

- **Frances Woolley**, an economist at Carleton University, said the biggest beneficiaries of Stephen Harper's proposed policy would be higher earning, single-income households with a stay-at-home spouse.
- **While the Conservatives** said the tax cut would "average" $1,300 per family, the actual dollar value varies widely, depending on circumstances. Someone earning more than $127,000 a year with a stay-at-home spouse would save more than $6,000, said Woolley.

RYAN REMIORZ/ THE CANADIAN PRESS

▶ Liberal Leader Michael Ignatieff holds some fruit he bought yesterday as he campaigns in Toronto's Chinatown.

SEASON FINALE
RICK MERCER REPORT
In the season finale, Rick has a date with the outdoors and the moose at Gros Morne National Park in Newfoundland.
cbc.ca/mercerreport
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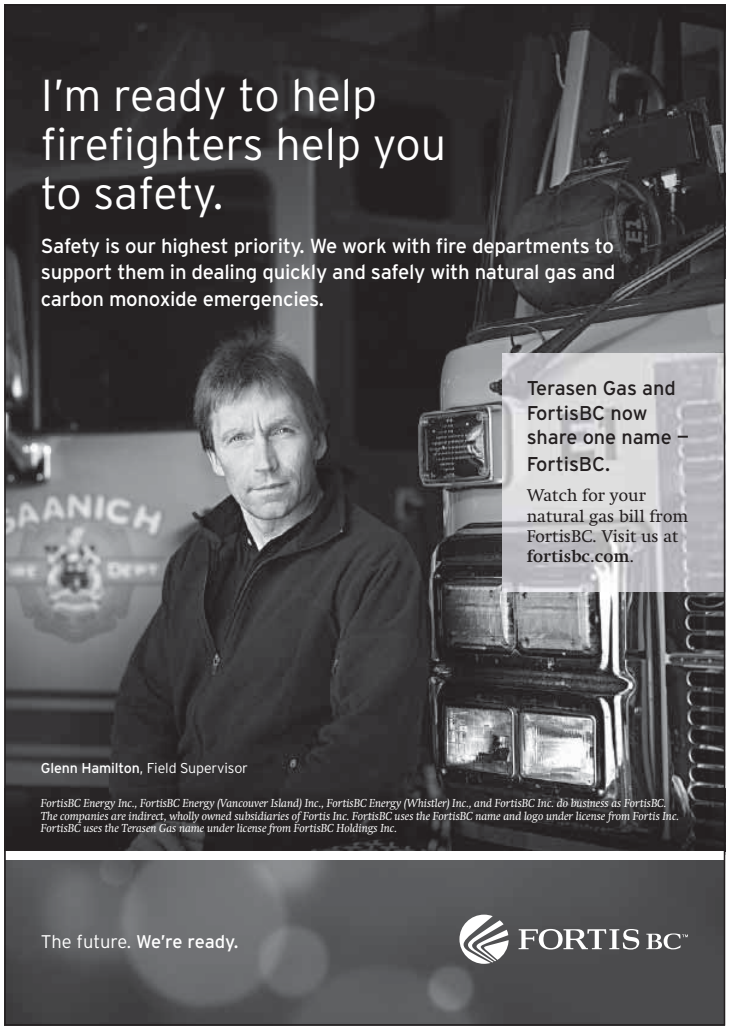
Netflix to air Paramount films

Netflix has secured rights to all of Paramount Pictures' first-run films in Canada. The five-year deal for premium pay-TV rights means Netflix gets access to films that typically would have aired first on The Movie Network or Movie Central.

The first wave of titles includes Iron Man 2 and The Last Airbender, with more than 350 Paramount films to follow. THE CANADIAN PRESS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Productivity lagging Governments must balance budgets, businesses must invest in new ventures

Canada could enjoy a "breakaway decade" of economic growth if businesses invest more to improve productivity, the head of Canada's largest financial institution said yesterday.

Gordon Nixon of the Royal Bank of Canada says the country has the potential to outperform the developed world in terms of economic growth and social leadership.

"Our economy has been resilient, the housing market is up, past federal surpluses have provided flexibility, the banking system is stable and corporate tax rates are low," he told the Canadian Club in Montreal.

But Nixon warned that Canada's promise will be realized only if several key shortcomings are surmounted. They include reducing provincial and federal deficits, opening the door to more immigrants and tackling low productivity. Over the past 30 years the productivity gap between Canada and the United States has more than tripled, he said. In particular, he challenged businesses to spend more on innovation.

Governments have helped by cutting regulatory and tax burdens, but Nixon said they must work aggressively to balance budgets.

Meanwhile, Canada should gain a competitive advantage as other countries are forced to boost taxes and cut spending.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
– 146.66 (13,892.73)	+ 0.54¢ (102.40¢ US)
Oil	**Natural gas**
– $1.42 US ($103.98 US)	1,000 cu ft $4.374 US (– 2.9¢ US)
	Gold contracts $1,419.90 US (– $6.30 US)

Quake does away with 'tuxedo black'

Many U.S. auto buyers will have limited colour choices for at least a month as crews try to fix a factory damaged by the March 11 earthquake in Japan. The plant run by German chemical company Merck KGaA is the only source of a shiny pigment used in many car paints. Ford has told dealers to stop ordering its F-150 pickup in "tuxedo black." Chrysler told dealers it, too, was restricting colour orders.

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NURSING A MAN COLD BACK TO HEALTH

She says ...

JESSICA NAPIER

I rarely get sick. After 25 years of riding public transit and drinking tap water I've developed a pretty resilient immune system.

Even if I do catch a cold you won't hear about it; I'll drag myself to the pharmacy, stock up on a cocktail of sinus medications and get on with my life.

Men, on the other hand, have a much harder time taking sickness in stride. While there is no biological evidence to suggest that a man's stuffy-nose threshold is significantly lower than a woman's, a standard cold or flu turns even the toughest of tough guys into a whining, snivelling baby.

It seems the XY chromosome-inclined don't just suffer from a little case of the sniffles, they tend to contract something much more deadly — a Man Cold.

The symptoms may present themselves as a common cold, but any dude ailing from a Man Cold would have you believe that he is on the brink of death.

"He will try to convince you that he is, in fact, suffering from any number of illnesses (extinct or otherwise) ..."

It doesn't matter if he bench-presses 300 pounds and can unscrew the tightest of jar lids — as soon as the Man Cold strikes he will become a whimpering ball of neediness and snot. He will try to convince you that he is, in fact, suffering from any number of illnesses (extinct or otherwise) ranging from H1N1 to the bubonic plague.

If you are unlucky enough to live with a husband, boyfriend or roommate stuck down by a Man Cold you must prepare to take on a Florence Nightingale-like approach to caregiving.

You will be guilted into cancelling all of your plans in order to rush home and tend to your pyjama-clad patient — meeting his numerous demands for more tea, tissues and blankets. You must sit with him on the couch and spoon-feed him chicken noodle soup while watching mindless sitcoms and touching his forehead every 10 minutes to assure him that he does not have a fever.

Whenever you do leave the house you will be met with a chorus of desperate whimpering, "Where are you going ... when are you coming back … can you pick up some more orange juice — not the cheap kind but the fresh stuff with all the pulp."

And when you start to feel a little under the weather — as you inevitably will after days of non-stop doting — don't even bother telling him. If you try to play a game of "I'm more sick than you" one-upmanship with a Man Cold sufferer you will always lose.

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER

Robosexuals invade Regina

Worth mentioning

Canadian politics, notoriously devoid of sex scandals, is suddenly abuzz with rumours about amorous robots.

The chatter began with a Global News camera editor who made an eyebrow-raising discovery upon wandering into a Regina hotel while covering Jack Layton's campaign.

When Jamie Butler opened the door to his room in the Hotel Saskatchewan, he saw towels on the floor and items strewn around the room. Things got stranger from there: Sitting on the desk was something that looked like a suit of armour.

A couple of tinfoil limbs lay near the main part of the costume.

And on the back Butler saw a sign that featured a rainbow, two brightly coloured drawings of robots, and the slogan: "Robosexuals."

He snapped a few photos, went to see the manager, and was upgraded to one of the fanciest suites in the hotel.

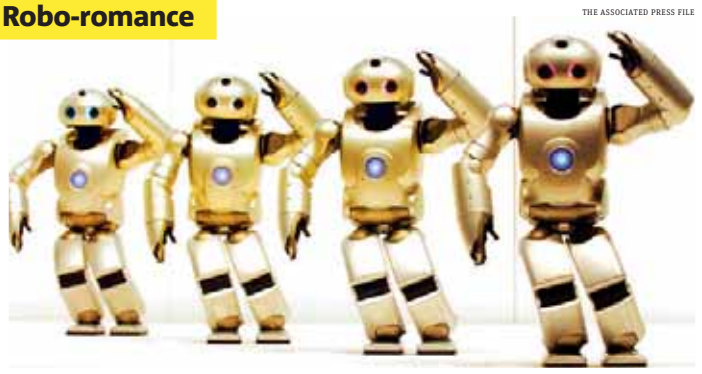
He said the hotel manager was sympathetic when informed that traces of robo-romance were lying around one of his elegant guest suites.

The manager quizzed his guest about whether one of his colleagues on the NDP bus might have been playing a trick, but apparently that was quickly ruled out.

THE CANADIAN PRESS

Robo-romance

THE ASSOCIATED PRESS FILE



Which of the four seasons do you most anticipate?

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Metro Minute with The Philanderer

The Arts Club Theatre Company presents George Bernard Shaw's The Philanderer tonight, a "wickedly wicked comedy" about the hierarchies of love and duty. It follows the private romantic lives of a young trio — commitment avoider Leonard, possessive Julia, and emotionally detached Grace — that turns into a public affair as friends and family get caught up in their domestic troubles.

Directed by Rachel Ditor, The Philanderer — the Arts Club's 500th production — will be showing tonight at 7:30 at the Stanley Industrial Alliance Stage, 2750 Granville St.

For tickets, call the box office at 604-687-1644 or visit artsclub.com.

PHYLICIA TORREVILLAS

COURTESY OF EMILY COOPER

▶ Kerry Sandomirsky, left, Tom Scholte and Anna Galvin play the troubled trio in the Arts Club Theatre Company's production of The Philanderer.

Farmiga knows how to soldier on

Source Code actress talks about emotions and being a good soldier, and how to act when looking straight at the camera

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

Actress Vera Farmiga has had some pretty formidable on-screen partners, including Leonardo DiCaprio in The Departed and George Clooney in Up in the Air. But in her latest, Source Code, she spends most of the film speaking into a small camera as she guides Jake Gyllenhaal on a mind-bending mission to discover the culprit behind a commuter train bombing. She sat down with Metro to talk about working with the camera, what makes a good soldier and the importance — or lack thereof — in a character's gender.

Are you a fan of science fiction?

I grew up watching Battlestar Galactica and The Jetsons and Star Trek. But not so much lately, just because I don't often find the characters compelling or relatable. And to me this role is everything I steer clear of as an actress.

How do you mean?

It's pretty expositional. It's a maddening kind of dialogue for most actors to do. And for me, talking to (director) Duncan (Jones) about the role, to me what then came alive about the role was not so much what is obvious on the written page but what kind of happens in that real estate between the lines. She's a soldier, and she operates like any good soldier does from the start, but the more she gets emotionally involved, the more she operates from her heart — which does not always the best soldier make. There's not room for emotions or getting personal. And I think that's what her job is. She's his navigation device. She takes him by the collar and brings him back on track whenever he veers off.

Did you have trouble playing straight into the camera?

It's a strange technique. Jonathan Demme had asked me at one point during Manchurian Candidate to look straight at it, and it was a sincerely difficult thing to do. Because you're acting with machinery. You don't have anything immediate to react to. Sometimes it's just the twinkle of an eye that gives you an entirely different reaction. Or a twitch or a blink that's a tell of some sort.

It's been mentioned that in earlier drafts of the script, your character was a man.

That doesn't surprise me. It's funny, I was just offered a role in a very big movie, also playing another military personality, and they didn't even have the decency to run it through (screenwriting software) Final Draft and change the gender.

▶ Vera Farmiga stars in Source Code, which opens on Friday.

DVD Releases this week — Buy it ●●●●● | Rent it ●●●● | Borrow it ●●● | Yawn ●● | Don't bother ●

Portman transforms

Black Swan
Genre: Thriller
Director: Darren Aronofsky
Stars: Natalie Portman, Mila Kunis, Vincent Cassel
●●●●½

Black Swan is ballet as gladiator contest, where the most vicious antagonists are the warring halves of a dancer's mind.

Her descent into near madness in Darren Aronofsky's bold film seems so real, you fear for the sanity of Natalie Portman, whose portrayal won her Best Actress at the most recent Academy Awards. It thrills to watch her go for it. She's so convincingly fragile as crystalline ballerina Nina, who must summon untapped dark impulses, that viewers may initially be tempted to agree with characters in the film who doubt her transformative ability.

Her overweening mother (Barbara Hershey), her artistic director Thomas (Vincent Cassel) and rival dancers (Mila Kunis and Winona Ryder) all question her aptitude for the dual role of Odette/Odile in Tchaikovsky's Swan Lake.

PETER HOWELL

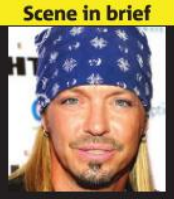
Fair Game
Genre: Drama
Director: Doug Liman
Stars: Naomi Watts, Sean Penn
●●●●

The headline-derived Fair Game never gets as angry as it might, despite the considerable outrage expended by Naomi Watts and Sean Penn in their roles as American patriots wronged by their government. But that's what makes it interesting. Doug Liman's docudrama is almost shockingly even-handed in the way it depicts how the Bush Administration in 2003 unmasked CIA agent Valerie Plame (Watts), risking her life.

PETER HOWELL

2 scene

Scene in brief



Bret Michaels sued CBS Broadcasting and the organizers of the Tony Awards on Friday over a 2009 mishap that resulted in him being hit in the head by a set piece, claiming the accident contributed to a brain hemorrhage that nearly killed him.

The Poison frontman's lawsuit claims he continues to deal with effects from the injury and brain bleeding that left him hospitalized last year.

"Through his sheer will to live, to see his children grow up, Michaels was able to survive this trauma," his lawsuit states.

Michaels and Poison performed at the Tony Awards in June 2009 and the singer suffered a busted lip and broken nose when he was whacked by a piece of scenery.

THE ASSOCIATED PRESS

Nickelodeon adds voice to make youngsters aware of cyberbullying

Celebrity tweets

Mariah Carey [@MariahCarey] So #dembabies really wanted 2 celebrate w/us/share the anniversary! I started having contractions last night..went 2 the hospital

William Shatner [@WilliamShatner] Facebook disabled my account this weekend as an imposter acct. Now they want me to prove that it's me. Don't they know who I am?

Jason Alexander [@IJasonAlexander] Next week, I will ski for the 21st time in my life. Please, dear sweet lord, let there be a 22nd.

METRO

Johansson takes Penn to wedding

It may have been Reese Witherspoon and Jim Toth's wedding this past weekend, but Scarlett Johansson stole the show, according to Popeater.

"Scarlett is Jim's client, but no one, including the bride, knew she would have turned up with Sean Penn," a source says. "Turning up at a wedding with your boyfriend is definitely a huge statement, especially that wedding. What it's doing is announcing to the whole of Hollywood that they are serious." METRO

GETTY IMAGES

▶ Scarlett Johansson

GETTY IMAGES

▶ Carey Mulligan

Mulligan cosies up to Mumford

Carey Mulligan appears to be completely smitten with Mumford and Sons singer Marcus Mumford, according to the Daily Mail. The pair has reportedly been enjoying some time off together around England.

"They've also been spending time at Marcus' London home in Shepherd's Bush," a source says.

And with Mumford heading to the U.S. to tour soon, the singer has reportedly asked the Oscar-nominated actress to come along. "He's hired a vintage train instead of a tour bus and has asked Carey to join him for the trip," the source says. "It's early days, but they seem to enjoy each other's company." METRO

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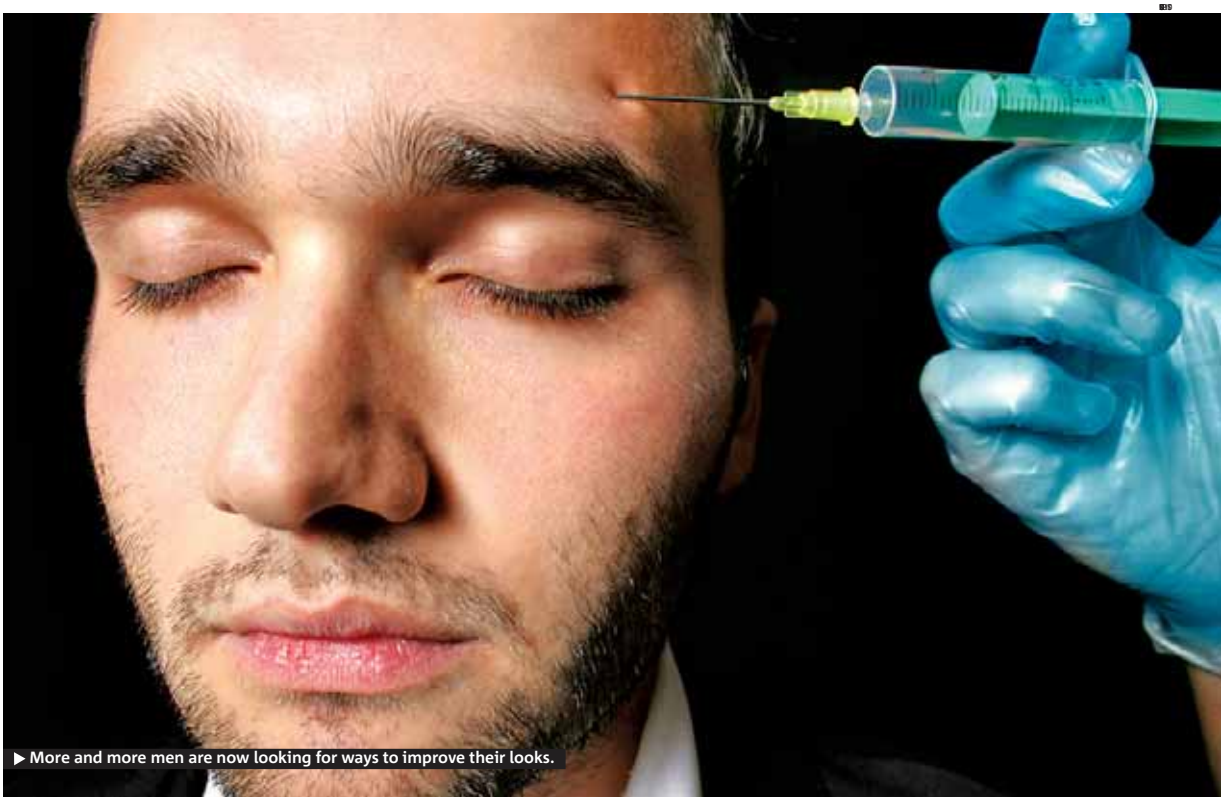

▶ More and more men are now looking for ways to improve their looks.

It's kind of a guy thing

More men going under the cosmetic knife Baby boomers embracing the traditionally female trend of getting liposuction and facelifts done

CELIA MILNE
LIFE@METRONEWS.CA

Men are having their tummies tucked and their faces lifted like never before. Statistics recently released by the American Society of Plastic Surgeons (ASPS) show that rates of cosmetic plastic surgery are rising in men.

"It's not just a women's world," says Dr. Wayne Carman, a plastic surgeon and medical director of the Cosmetic Surgery Institute in Toronto. "More and more, men are involved in real surgery, not just microdermabrasion. Proper surgical interventions are the next step along that road after buffing and puffing."

ASPS statistics reveal that number of facelifts done on men in the U.S. has risen 14 per cent since last year, and liposuction increased by seven per cent.

While there isn't a body that collects similar Canadian statistics, the groundswell of interest here would be comparable to the U.S., says Carman. He explains what is driving the trend.

"The baby boomers are passing through the change of life stage. They have relationship issues, employment issues, self-worth issues. Men of that cohort recognize they do need to look more fit and healthy. It is a young workplace."

"More and more, men are involved in real surgery, not just microdermabrasion"
DR. WAYNE CARMAN

Plenty of men in their 50s have life circumstances that make cosmetic surgery appealing: a relationship with someone younger, spare time they never had before, and the money to pay for surgery.

"They're not trying to look like a movie star, they're just trying to look younger."

Men tend to need more down time after plastic surgery than women because they are unable to wear makeup during the recovery phase. Early retirement provides them with the time necessary.

"Perhaps they got a package; for the first time, they have three weeks off. That time window is more commonly available."

Surgeries

The American Society of Plastic Surgeons keeps track of cosmetic procedures done in the U.S.

Here are the top five surgeries in men:
1) nose reshaping
2) eyelid surgery
3) liposuction
4) breast reduction in men
5)hair transplantation

Here are the top five less-invasive procedures:
1) Botox
2) Laser hair removal
3) Microdermabrasion
4) Chemical peel
5) Soft tissue fillers

3 life

Surgery

With cosmetic plastic surgery on the rise with men, we asked Toronto plastic surgeon Dr. Wayne Carman what typically motivates them. Turns out, men are usually oriented towards a specific purpose.

"They are more analytical than women," says Carman. "They know what they want and they've been thinking about it for some time. They have a more defined purpose than women."

CELIA MILNE

Sex, exercise can trigger heart attacks in inactive people: analysis of research

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NATURAL WELLNESS

Thoughts on... Energy

ADVICE. We all need to schedule the time to replenish our energy reserves by doing things that uplift and refresh us.

Whether it's reading a book, taking a bubble bath, getting a pedicure, enjoying a massage, practicing yoga, meditating, sleeping more or any number of other things that can help us manage the ebb and flow of our energy.

We need to learn to become good managers of our energy and stop repeating the mantra "I just don't have the time to care of myself now."

But it's our job to make sure that we have extra reserves at our disposal to deal with family, marriage, kids, work and the pressures of life in general. Taking care of ourselves is not a liability, but a good investment.

NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE RADIO SHOW & A REGULAR CONTRIBUTOR TO THE HUFFINGTON POST. AWAKENINGSCANADA.COM

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Natural improvement

Ditch your standard toxic beauty routine for these all-natural favourites

DAILY SQUEEZE

LISA BORDEN
LISA BORDEN OWNS AND OPERATES BORDEN COMMUNICATIONS + DESIGN. SHE IS ALSO CONTRIBUTING GREEN-LIVING AND WELLNESS EXPERT ON DAILYSQUEEZE.CA.

With so many ways to get clean, finding the best all-natural ways can be tricky. What a product says on the front and what the ingredients actually are don't always match up. What are those unpronounceable ingredients? Can they be good for my health?

Reading your labels is the easiest way to decide for yourself.

In the meantime, here are some of my favourite chemical free, all-natural beauty-boosters.

1. For brighter, cleaner teeth try Toothsoap.

This product gives a whole new meaning to washing your mouth out with soap.

After using this pure stuff you will notice a difference in how your teeth look and feel.

2. For those rough patches use Boo Boo Balm.

Your dry, chafed red skin will thank you for its therapeutic oils. Great for eczema, rosacea, minor scrapes, bug bites and irritations. It's also handcrafted with love, in small batches in Toronto.

3. Cover skin flawlessly with Sukicolor Tinted Active Moisturizing Foundation.

Natural and organic, its sheer tint evens tone and minimizes pores without caking. Anti-inflammatory ingredients reduce the appearance of blemishes and redness, boost collagen synthesis and fight free radicals.

HANDOUT

▶ Toss the toxic and go natural.

4. For luscious lips use Lip Tints by Colorganics.

Made with organic castor oil and moisturizing organic hemp seed oil, it's a winner — both in look and feel. Use it alone for sheer colour, or layer over lipsticks for added shine or under for added moisture.

5. For everything (it seems) try Superfine Jojoba by MiniOrganics.

Ideal as bath oil, massage oil or moisturizer, MiniOrganic's jojoba is perfect for relieving dry, itchy skin conditions for the whole family, including newborn skin. It's also brilliant as an eye make-up remover.

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If you would like to receive the program and participate in the study please call:
Natalie Gauthier at 604.940.9496
or by email: n.gauthier@eastlink.ca
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The tips

LIGHTEN UP YOUR DIET

Slow water retention: This spring, avoid processed carbohydrates, and foods such as white bread, pasta, rice and potatoes. They create water when they are broken down and the body can retain this fluid. Also avoid salt and eat foods high in potassium to balance electrolytes, like bananas, melon or strawberries.

Banish the bloating: And reduce the gas. Foods that help digestion are yoghurts with natural cultures that give a greater live element to digestion and therefore better digestive processes.

Green nutrients, such as those found in chlorella, wheatgrass, broccoli and spinach, also help.

MATT ROBERTS
PERSONAL TRAINER

Say hello to Vancouver's new sandwich experts

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ERIN IRELAND

Prawn Sandwich ($8.99)

LUNCH RUSH

ERIN IRELAND
FOOD@METRONEWS.CA

If you were told to pick a protein and allow "sandwich experts" to add the toppings they believed would lead to sandwich bliss, would you do it?

This is the simple, brilliant concept at Vancouver's most exciting new casual lunch spot: Hubbub.

So scientific is the art of a perfect sandwich, that a technique (obviously research based) was offered as I approached bite number one of mine, made with prawns ($8.99): "Keep the tape in place and tear the paper down as you go."

The toasted nine-inch sourdough baguette was slathered on both sides with a tangy garlic sauce and covered with mildly spicy pickled jalapeños. Fresh romaine cradled the juicy, steaming hot white tiger prawns that had been sautéed to order in a Mexican margarita marinade. The to-die-for factor — found on each of the five entrée items — was a nine-inch strip of a beautifully golden caramelized onion.

Lunch did get messy, but I could have cared less, for I was in sandwich bliss.

Hubbub Sandwiches
859 Hornby St.
604-568-3398
hubbubsandwiches.com
Twitter: @_hubbub
Hours: Mon - Sat (10:30 a.m. - 9 p.m.)
Rating: 5 out of 5

Spicy Tofu and Bok Choy

EMILY RICHARDS
FOOD@METRONEWS.CA

This Spicy Tofu and Bok Choy dish is tasty on its own or served over rice or noodles.

Preparation:

1. Slice tofu into 4 slices; pat with paper towel. In dish, combine flour and sesame seeds. Brush tofu with sesame oil (reserve remaining) and coat tofu in flour mixture on both sides.
2. In skillet, heat vegetable oil over medium high heat and fry tofu for 8 minutes, turning once. Remove to paper towel lined plate. Wipe out skillet.
3. Return skillet to heat and add reserved sesame oil. Add bok choy, ginger, garlic and chili paste and cook, stirring for 2 minutes. Cover and steam for about 3 minutes. Uncover and remove bok choy to plate with tofu. Add water, soy sauce and rice vinegar to skillet and bring to boil. Whisk in peanut butter until smooth. Return bok choy and tofu to sauce and stir to coat in sauce.

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.

Ingredients:

- Half pkg (350 g) tofu
- 2 tbsp (25 mL) all purpose flour
- 2 tsp (10 mL) sesame seeds
- 1 tbsp (15 mL) sesame oil
- 2 tbsp (25 mL) vegetable oil
- 3 baby bok choy
- 1 tbsp (15 mL) ginger
- 2 cloves garlic, minced
- 1/2 tsp (2 mL) Asian garlic chili paste
- 1/2 cup (125 mL) water
- 2 tbsp (25 mL) soy sauce
- 2 tbsp (25 mL) rice vinegar
- 3 tbsp (45 mL) smooth peanut butter

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FAME PICTURES/KEYSTONE PRESS

▶ Kate and William share a laugh at their St. Andrews graduation.

A ROYAL MEETING

Names:
Kate Middleton, 29, and Prince William, 28

Hometown:
Anglesey, Wales

Together since:
2002

Their story:

Kate: I actually think I went bright red when I met (William) and sort of scuttled off, feeling very shy about meeting (him). But, um, actually William wasn't there (at St. Andrews University) for quite a bit of the time initially — he wasn't there for Freshers' Week — so it did take a bit of time for us to get to know each other, but we did become very close friends from quite early (on).

Prince William: Well, from my point of view, when I first met Kate, I knew there was something very special about her. I knew there was possibly something that I wanted to explore there. We ended up being friends for a while and that was a good foundation. Because I do generally believe now that being friends with one another is a massive advantage. And it just went from there.

Over the years, I knew things were getting better and better, and we went through a few stumbling blocks — as every relationship does — but we really picked ourselves up and carried on ... It is just really easy being with each other; it is really fun. And I'm extremely funny — and she loves that — so it's been good." (Laughing)

AS TOLD TO TOM BRADBY, ITV NEWS

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TO FRIEND OR NOT TO FRIEND

Two Sisters

ANDREA & CLAIRE

RELATIONSHIPS @METRONEWS.CA

I met a cute guy at a dinner party the other night, and I gave him my phone number. We've texted each other a few times since then, and so far so good: I'm seeing him tomorrow night. But he just sent me a request to be friends on Facebook. What should I do? One friend told me she makes it a rule never to "friend" a potential romantic interest until it's turned into a lot more — just in case, while my other friend tells me it's another way to get to know him, and check him out. And isn't it an insult to ignore his friend request?

Claire: Dear boy-have-I-got-a-story-for-you,

I once accepted a friend request from a guy despite the fact he sent the request 20 minutes after we met. He seemed interesting, we shared a mutual friend, and I wanted to check him out online in case he was a well-known bunny boiler, à la Fatal Attraction. He started commenting on my photos and participating in random discussions on my wall, which was fine until I realized he wasn't the guy for me, and told him so in the most respectful way possible.

Next thing I knew he had blocked me on Facebook. I was stunned. I thought I'd ended things on a friendly note, only to be slapped in my Facebook face. The truth is that I never should have accepted his friend request in the first place — he was interested enough that he wouldn't have been offended, and I'd have saved myself his online ire. My advice? Do not friend.

Andrea: He won't hate you, but not "friending" him is like saying, "Sure I'll go on a date with you, but I'm not sure we can be online friends."

Have you noticed how some people have 541 friends on Facebook? Do you think that's 541 meaningful connections? Hell no. People add each other for all sorts of reasons, but mainly it's to stalk each other legally. Online social networks are an important tool to manage other people's perception of you.

Some employers check your profile prior to hiring you. The same goes for potential dates. If you're trying to impress him with your extensive knowledge of hors d'oeuvres, maybe that tagged photo of you running from the cops in your underwear will give him a different impression So if you like him, add him. If he turns out to be a serial killer, you can always "unfriend" him ... if you survive.

TORSTAR NEWS SERVICE

▶ When dating etiquette collides with Facebook, things can get tricky.

How does a single parent date? And how are we supposed to scope out the other single parents at the park without looking like we're trying to pick up happily married spouses, and do all that without letting your child fall off the jungle gym? And once you're out with someone — parent or not — how much do you talk about your child?
All questions, no answers.

Dear AQNA,

I'll focus on the jungle gym question since I still play on them. First priority is safety. I'd suggest a harness. Or maybe those leashes that make kids look like dangerous pets with rabies.

If this fails, you should be a sprint away from karate chopping a potential kidnapper, or resuscitating your child in the event of marble indigestion. While keeping a watchful eye, approach your prey from the side. No one likes people creeping up on them from behind.

Crack some lame joke about parenthood. If he/she is decent, he won't laugh.

You'll chat about things like the quality of the sand in the sandbox, at which point your target should mention something about his partner, and since you've kept it neutral, no one is embarrassed.

Now you can make a graceful exit or network. After all, other parents can be a great source of play dates and even match you up with their hot, single and kid-friendly neighbour.
Andrea

Dear AQNA,

When we're around other single parents, it's because we're with our own children, so the best you can do is hope that your kids will either play together or attack each other so that both parents have to intervene, and POOF! Cupid will strike. Except that only happens in movies.

Here's what not to do (I know because I've done it).

1. Don't limit yourself. There are non-parents out there who can care about your child almost as much as you do, simply because he/she is yours (although many single men suffer from what I call the "National Geographic effect" and react like animals in the wild, who would rather eat another male's child than feed it). But they exist — they're like the truffles of the romantic world, a rare delicacy.

2. If you date a non-parent (Muggle?), let them know you have a child, but not in a defensive, "I eat bullets for breakfast" tone. Just remember that unless you want to talk about your date's job/pet/family all night, you shouldn't bore them with burp stories.
Claire

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.

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TUESDAY, MARCH 29, 2011

LEARNING CURVE

ISTOCK IMAGES

New program

Vancouver Island University launches one-year support worker program

- **The Powell River Campus** of Vancouver Island University is launching the School and Community Support Worker Program (SCSW).
- **The SCSW program** prepares students to work with people who have disabilities or as educational assistants in the school system.
- **The course** takes one year to complete and uses a variety of delivery methods. Portions of the course are offered online, while face-to-face classes will be offered in two three-day institutes per semester in Powell River.
- **Other parts of the course** requirements such as University Writing and Research can be taken in class at VIU Powell River. Students not living in Powell River can obtain course equivalents.
- **A virtual classroom** using new technology can be attended from any location. Students participate in sessions several times a week and will be part of a learning team.

What's new on campus

MIRIAM OSBORNE
LIFE@METRONEWS.CA

Blanche Macdonald fashion student now working with a fashion icon

Blanche Macdonald Fashion Merchandising graduate Kim Busch has become the latest addition to the Stella McCartney team. She went to London looking to become part of one the world's great fashion cities, and now she's an intern in McCartney's hectic press office, spreading the fashion gospel around Europe and the world.

The glamorous streets of London's Mayfair and Fitzrovia are a long way from Busch's native Kelowna, where she went to business school, became a real estate sales rep and managed a restaurant there, before taking the program at Blanche Macdonald.

Art Institute of Vancouver gets the nod as top video game design school

The Princeton Review and GamePro Media recognized the Top Schools for Video Game Design Study for 2011, and The Art Institute of Vancouver ranked No. 4 on the list for undergraduate schools. This is the school's second appearance on the list. In 2010, the school was ranked No. 6.

The renowned Princeton Review conducted a comprehensive survey with 150 colleges in the U.S. and Canada. The survey asked 50 questions associated with the video game design courses offered at these schools. The report will be published in the April issue of GamePro magazine.

The Okanagan gets more classrooms

The Ministry of Education announced that elementary students at 14 schools in the interior will find themselves learning in truly homegrown classrooms come September.

About 30 bright new classrooms will be built in the Okanagan, and most will remain in the region once construction is complete. The others will be shipped to northern school districts awaiting new space for full-day kindergarten in the fall.

The construction of the classrooms at Kelowna's Freeport Industries is creating more than 25 jobs for workers in the area. Shelter Industries hired Freeport as part of its $30-million contract with the province to build, deliver and install 140 modular classrooms in B.C. school districts by September 2011.

Capilano University offers new communications degree

Capilano University is offering a new Bachelor of Communication Studies program beginning in September 2011.

Students in the new degree program will investigate communication as a strategic activity undertaken in a variety of contexts, and the curriculum will include communication ethics, public and media relations, policy and law, negotiation and mediation, and publishing.

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Vancouver Community College

What's new at B.C. schools

There's a lot going on at post-secondary institutions in Vancouver and other parts of the province
Here's a roundup of the latest news

MIRIAM OSBORNE
LIFE@METRONEWS.CA

SUBMITTED

Douglas students tackle homelessness
The Print Futures: Professional Writing program at Douglas College challenged students to educate residents of Coquitlam, Port Coquitlam and Port Moody about the nature of addiction and the implications for homeless people. The standout plan, called Three Things, was developed by Kate Hunt and Jessica Hewitt.

FLICKR: FBOUD

Kwantlen student wins design award
Last month, Earl Mabaquiao, a Kwantlen Polytechnic University student, was awarded the title of Canada's Breakthrough Designer during Montreal Fashion Week. The 2011 TÉLIO Design Competition brought together fashion design schools from across Canada and challenged aspiring designers to compete for one of five scholarships totaling $10,000.

SUBMITTED

BCIT introduces a first in Western Canada
The British Columbia Institute of Technology is introducing Western Canada's first masters' degrees in Building Science: a Master of Engineering and a Master of Applied Science in Building Science. These programs will meet industry demands through applied research and advancing the state of practice.

FLICKR: JMV

College gets top marks in the kitchen
A group of young chefs from Vancouver Community College, who are representing Canada in the 2012 World Culinary Olympics, have proven they're the best in the world. Culinary Youth Team Canada members Johnny Ho, Jil Aranas, Jasper Cruickshank, Tyson Gee and Arielle Schwab picked up three awards earlier this year at a competition in Ireland.

FLICKR: SILLYGWAILO

Langara partners with world of Disney
Five Langara College students are on their way to The Most Magical Place On Earth. Clarissa Ishak, Wesley Lai, Tai Van Patter, Wenbo Xu and Terence Yee have been accepted into the new Disney World Field School. The college has partnered with Disney International Programs and the University of California, Riverside (UCR).

FLICKR: ADPOWERS

UBC prof receives prestigious award
Dr. Michael Hayden, a professor in the Faculty of Medicine at the University of British Columbia and director at the Child & Family Research Institute, has received the Canada Gairdner Wightman Award, the premier honour for leadership in medical science in Canada. Hayden was selected for his leadership in medical genetics, entrepreneurship and humanitarianism.

MTICC.COM

MTI's pharmacy tech program raises the bar
The Pharmacy Technician program offered at the Surrey campus of MTI Community College has been awarded the status of Qualifying Accreditation by the Canadian Council for Accreditation of Pharmacy Programs for the term of January 1, 2011 to December 31, 2011.

FLICKR: HUGO PARDO KUKLINSKI

UVIC student develops new web app
A UVIC student has made it difficult to be late for class thanks to new web-based software. My Next Bus allows users to determine the position of any bus in the Greater Victoria region so they can arrive at a bus stop at the optimal time to avoid missing their bus. Smart software provides bus arrival times, visual and audible route planning and estimated capacities.

FLICKR: SILLYGWAILO

B.C. student wins ECO Canada award
Nathan Park, a University of Northern British Columbia student, is one of five students from Canadian universities to be recipients of the 2011 ECO Canada Student Awards. The awards, which attract applications from across the country, recognize excellence in environment-related research being carried out by post-secondary students.

FLICKR: MECCANICA

Transit riders enjoy Carr students' artwork
Emily Carr's Faculty of Culture and Community and TransLink have launched a new program called Art On Transit. The project features 31 works by Emily Carr students, displayed on more than 700 advertising panels on buses and Sky Trains around the lower mainland. The selection panel included judges from both Emily Carr and TransLink.

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Study habits of the pros

- When exams are looming, it's important to be organized about studying for them
- Here are some tips to help you maximize your time and avoid procrastination

DUNCAN MCALLISTER
LIFE@METRONEWS.CA

Start early
"Starting to study early is critical to your success for so many reasons — it allows you to strategically map out your time," says Margot Bell, associate director of student development at the University of British Columbia. Procrastination leads to panic and sloppy work.

Full-time marketing student Sara Cecchetto agrees. She recommends you start everything as early as possible. But, "last minute cramming is completely necessary."

Manage your time
You can set milestones to stay focused. Create a scoring system for completing tasks on time. Keep your calendar up-to-date on the computer.

Get help.
If you're struggling with something, ask another student.

Bell reminds us that a head start "gives you opportunity to work with other students to understand those concepts that are more difficult, and will allow you the space to speak to your professor or teaching assistant if you have any questions about the material."

Take frequent breaks.
"Don't study three hours straight. Take breaks in between, so that you're giving your brain some rest," says Sithravadivel. Staring at the computer for long periods can cause eye strain and headaches.

"I always do 45 minutes studying and then a 15-minute break away from the computer so that you can get your mind off of it," says Cecchetto.

Tackle the tough stuff first.
Give yourself points for time spent on your least favourite subjects to avoid procrastination.

Establish a routine.
Your study time should be part of your daily routine, like eating and sleeping. Be consistent and try to study at the same time each day.

Don't take on too much at once.
Quality is better than quantity and you will actually achieve more by breaking down the work into manageable units.

Create a Zen space to help you study.
"Obviously be in an environment that is quiet and that you feel comfortable working in," advises Sithravadivel.

"When I'm reading, I like to be in a quiet environment that I'm not getting distracted from, so it certainly does help.

Get organized.
Set clear goals to manage your workload and prioritize your daily tasks. Review your notes and organize them on the computer to see how much you've accomplished.

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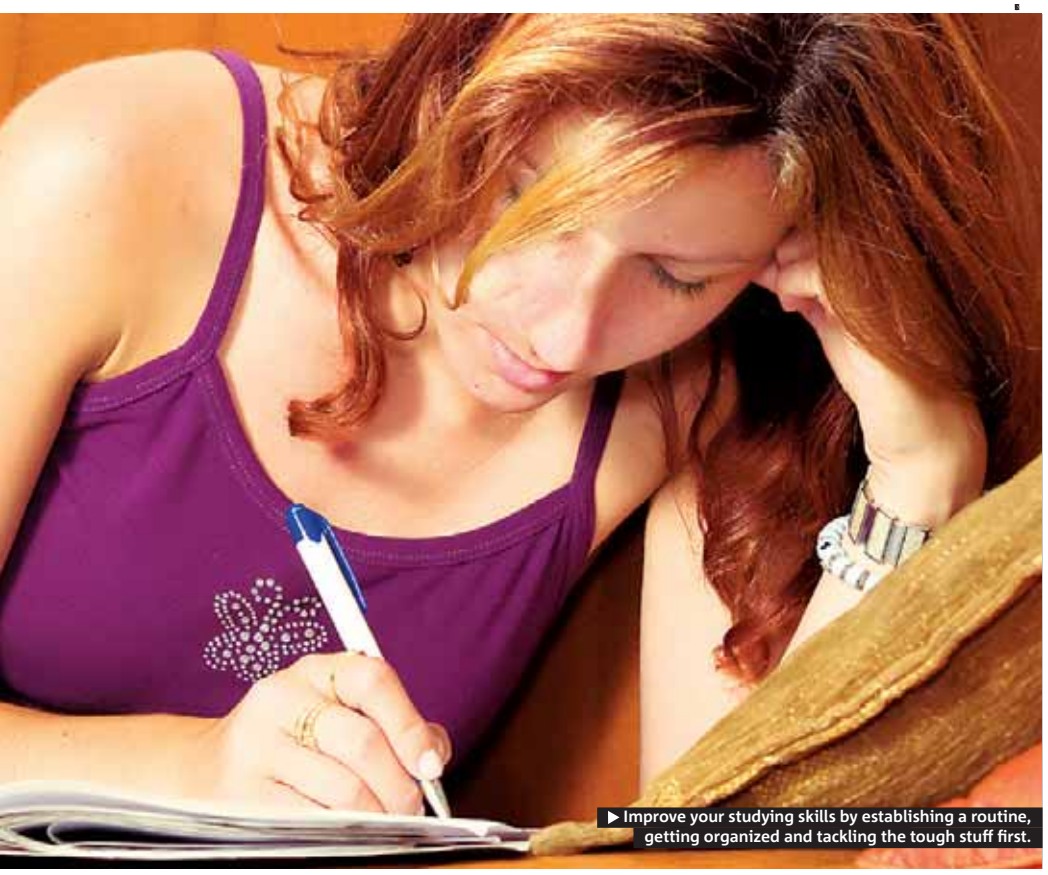

▶ Improve your studying skills by establishing a routine, getting organized and tackling the tough stuff first.

Balancing act

Cramming for exams is an intense time, so it's crucial to take care of yourself while you're at it. "Managing your time will help ensure balance during this busy time — keep your body and your brain healthy," says Margot Bell. "Remember the very important basics: eat well, exercise and sleep." Here are some tips.

- **Organize.** Work with your calendar and make a list of all the events in your life. Being organized will help you deal with the intensity of your studies.
- **Breathe... and avoid becoming overwhelmed.** Cheryl Washburn, director of counseling services at UBC says that "eating well, getting enough sleep and exercise and staying connected to friends and family, all help increase resilience and avoid burn out."
- **Move your body.** Try to tie your study regimen to healthy recreational activities. "Try to work out three times a week, because it does energize you," says business management student Dharsika Sithravadivel. "I've done that and it does really help you out."
- **Don't sweat the small stuff.** Rank your tasks in terms of importance. Are there some things that can wait until the end of semester?
- **Sleep.** While it might be tough to get to bed at a reasonable hour, do the best you can. Sara Cecchetto doesn't have time to work out, balancing school with work. "Sleep works best for me," she says.
- **Take time out to pursue your own interests.** There are only so many hours in the day, but it is possible to maintain a balanced lifestyle that blends your study time with social, cultural and religious activities.

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How to uncover 'free'

With the high cost of education, it's a good idea to mine for scholarships and awards to help pay your way

Many students fear the time commitment necessary for "free money" and think it will be a waste of time if they don't receive scholarships. However, these experiences — in one way or another — will be worthwhile.

Here are a few tips to help you find free money:

Start at your school's Financial Aid office.
You are not automatically considered for all scholarships through your school, so look into the ones that require an application. This limits your search first by your school or geographic area, and then by factors such as your discipline and the year you are entering.

Look online.
Online sources include websites such as StudentAwards.com and ScholarshipsCanada.com.

But remember thousands of students are registered on those websites and your objective (just as with job hunting) is to reduce competition. A local search might involve the keyword of your city, but it could also include the names of local organizations or businesses.

Consider employers you may know.
Chances are that if you or your parents work for a well-established company then there is financial aid available to you (even if you are over the age of 18 but still in school).

Look into opportunities at clubs or organizations where you volunteer.
There are often scholarships or awards available for dedicated members or volunteers.

Limit your search by gender, ethnicity and background.
Some awards are so specific they go unclaimed. Research these and see if you might qualify.

▶ Start at your school's Financial Aid office, but realize there are many more sources for free money.

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Some other helpful hints...

Apply!
Remember, all you have to lose (financially) is the cost of postage.

Compare this to the hours of work you have spent on academics, volunteering and extracurricular activities, and you're crazy not to apply!

Small dollar scholarships are worth the time.
Many people don't take the time to apply for $100 here or $500 there (especially when there are so many large scholarships available).

This means that your odds are better. An hour spent filling in an application could amount to a few hundred dollars. Compare that to minimum wage!

Do your research
Read applications carefully and adjust your answers accordingly. For example, if a criterion is leadership, then focus on leadership roles you have had rather than bombard the committee with your other experiences.

In addition, search past winners in newspaper articles and online university bulletins, taking note of their strengths and types of involvement.

Research (or speculate on) the adjudicating committee, finding clues as to what they value (such as tradition versus innovation, local versus international volunteerism, academics versus community involvement).

Other benefits

What can you gain while scholarship hunting?

- **Money.** While meeting scholarship criteria (such as extracurricular, volunteer and community involvement), you could make far more money in one summer of a scholarship hunt than you could working part-time at a local restaurant.
- **Networking.** The more places you volunteer, the more people you meet. The people at these organizations are extremely helpful when you are searching for paid employment because they are often connected to the community.
- **Resume building.** It's no secret volunteering shows potential employers you have ambition and a wide range of skills. Volunteer work is important on your resumé, considering that often paid employment (such as working at a restaurant) provides limited skills or experience. Volunteer work demonstrates things such as computer and event planning skills.
- **Relevant experience.** Options for paid employment may be limited but there may be volunteer positions related to your field of study. This will be the type of experience that sets you apart from other candidates in a job interview a few years from now.

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Setting your sights on summer

Do you work, play... or take summer school?

KIM ZARZOUR
LIFE@METRONEWS.CA

Once exams are finished, many post-secondary school students heave a great big sigh of relief at the thought of a four-month break.

Not Zita Luk. The nursing student at British Columbia Institute of Technology has a different strategy for summer, and it doesn't include flipping burgers or an endless stretch of vegging on the beach. Like a growing number of college and university students, her summer plans include hitting the books.

"I want to spend the time wisely."

Luk takes summer courses at BCIT or UBC to reduce her course load during the fall and winter terms; sometimes, she says, she enrols in a difficult course so she can give it her full attention.

Post-secondary school administrators are noticing more and more students like Zita are extending their studies into the summer months.

"The notion that you go to school full time, then work in summer has really gotten less and less prevalent in the last decade," says Martin Gerson, vice president academic and provost at Langara College.

Pat Matthieu, BCIT's director of enrolment planning, agrees.

"Summer is no longer a deterrent to schooling. Kids today are pretty savvy. They're getting good advice from parents and counsellors."

Erika Ingram, a first year student at University of British Columbia, has opted to enrol in the Eastern Europe summer field school program. She'll be taking philosophy and history courses while traveling through the months of May and June. The 20-year-old could be facing more than seven years of schooling as she works through a master's program. "Why not

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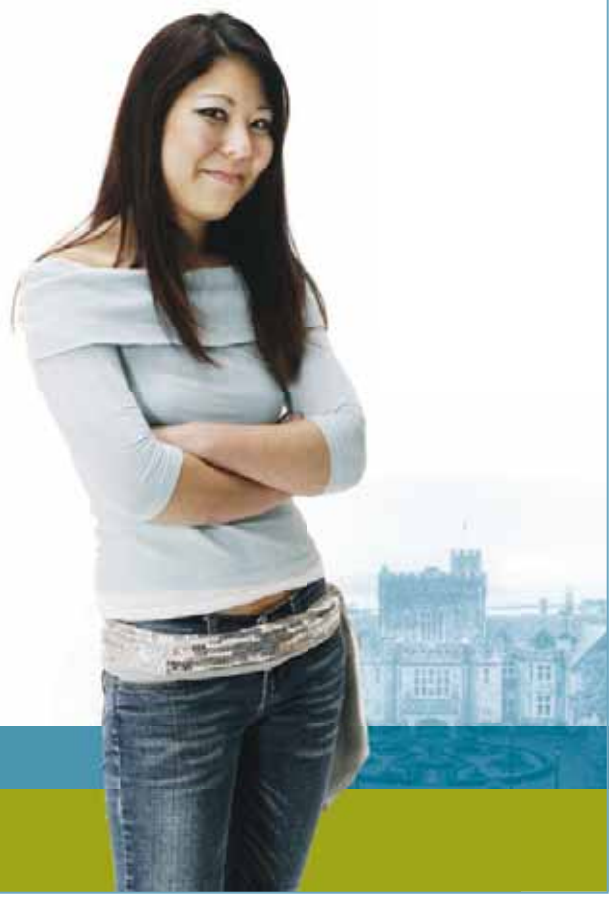

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A growing number of college and university students are hitting the books this summer.

work away at it in the summer, even if it's just one or two courses?" she says.

Registration for summer courses has just begun at Vancouver Community College and Stephanie Jewell, dean of arts and science, has noticed a 25 per cent increase over last year. Jewell says some students may see the economic downturn as an opportunity to reinvest in their careers.

For some, it's a chance to catch up after taking a lightened load in earlier semesters, or a way to make up courses missed after transferring from another institution, says Alan McMillan, registrar and director of student services at Emily Carr University.

Others may be hoping to move through the program at a faster pace so they can graduate earlier, while a growing number of summer school students are professionals who want to enhance their skills, he says.

Colin Smith, 25, is taking sociology courses at Langara year-round so that he can continue working part-time as a mechanic in ground maintenance throughout the year.

But summer studies are not for everyone says Pat Mattheiu, whose family took summers off to travel.

"Summer can be a good time to reflect, chill out, work, relax the brain and recharge. Education's going to happen if you're really dedicated to it… you don't need to burn yourself out… education is not cookie-cutter."

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Starting small can be sweet

Working for smaller-scale companies can result in big summer job perks

SYDNEY VAN DELFT
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If you came up with a list of 10 companies you might be interested in working for, chances are most would be large corporations or governments.

There is no denying that there is a great appeal to these large organizations: employee benefits, opportunities for new roles, the status of working for such a successful organization. However, when it comes to personal growth and our own career development, large companies may not be the best answer for everyone.

Here are some of the benefits of working for a small company.

A perfect "fit"
Small firms can offer a certain environment as well as access to opportunities that larger firms cannot, simply due to the volume of employees and the immense size of the business. With fewer employees, you have the opportunity to get to know everyone in your office.

A breadth of experience
There is also less competition since it is likely that there will be fewer interns, summer students or new grads, working for the firm. With fewer hands on deck, you are often tossed around to different departments doing different tasks. This is a great way to find out what you are really interested in doing.

A close working relationship with management
You may have full access to your supervisors for questions and comments, and one-on-one training is common. It is often an environment that new hires would be comfortable enough in to make suggestions and pitch their own ideas to management.

An invaluable networking opportunity
The relationships you develop with managers and other employees can be a great asset as you build your network – relationships that may be more difficult to develop at a large corporation. And, since you are part of a tight-knit team, you will of course be invited to all the company after-parties and dinners!

Don't limit your summer job search to only the big players. Take a chance on a small company and the skills you gain will help to position you well for advancement, entry into the bigger corporate world, or even entrepreneurship.

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3 JOB HUNTING TIPS

When TalentEgg.ca asked students for summer job hunting tips, here are a few suggestions that came back.

- "Being pro-active in my field of interest was the most important quality that lead me to a job."
  CHRIS YUNG, UBC GRADUATE 2005 UNIVERSITY OF TORONTO, 2011
- "Persistence! Be sure to always follow up after the initial contact, and be honest with them in regards to what you're looking for!"
  HALEY LONSDALE, UNIVERSITY OF VICTORIA
- "Check the online job portals everyday! Exploit your networks and go to campus career services for resume help."
  KARINA SANGHA, UNIVERSITY OF VICTORIA

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▶ Working with a smaller crew can me that you'll be given a variety of jobs - learn from each of them!

Work it: In the outdoors

After eight months of libraries, labs and lectures, many students are looking forward to summer spent in the sun. Keep in mind, there's a huge range of paid work that can be done outdoors. Here's a list of some popular options.

Green Spaces

Camps – Camp counsellor is a popular summer job whether the day camp or overnight camp is in or out of town.
Campgrounds – Whether run by the municipality, province or a local owner, campgrounds need staff for maintenance, running the camp store, etc.
Parks – Parks and conservation areas (including those without overnight camping sites) often need staff.
Tree planting – Tree planting is a summer staple - and a popular rite of passage - for many students.
Landscaping – There is lots of work to be done in the summer tending gardens and lawns.
Farms – Work as a farmhand, or help with a market garden business.

Water

Marinas – Marina staff keep busy docking boats and helping guests.
Boats – Job possibilities include sailing, canoeing or kayaking instruction, cruise ships (not just in the Caribbean—there are cruise ships in the St. Lawrence River, Toronto harbour and large lakes and rivers across the country) and white water rafting.
Swimming – Lifeguards and swimming instructors are needed at pools and beaches.

Fun and Games

Amusement parks – Water parks, theme parks and other places for children and adults usually require summer staff.
Tourist sites – Summer is the busy season for most tourist sites (think towers, historic sites and local museums) in Canada.
Fairs – There are a variety of tasks at a fair: staff a ride, take tickets at the gate, sell cotton candy, etc.
Events – Summer is the season of outdoor concerts and festivals.
Tours – These could be walking tours, cycling tours or bus tours.

Building and Maintenance

House painting – Many students spend their summers painting.
Construction – There are often jobs in construction and other jobs requiring physical labour.

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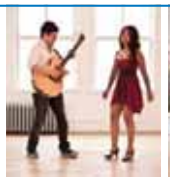

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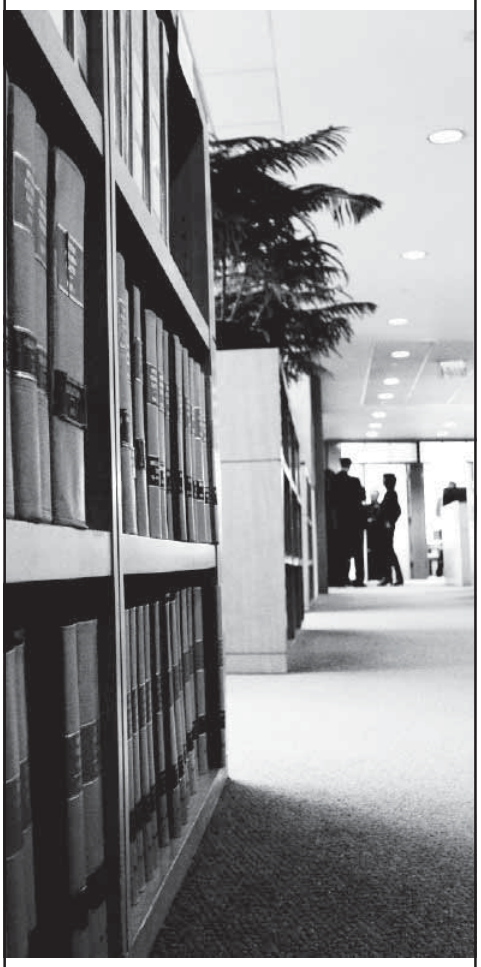

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In-person networking is one thing students know they're supposed to do, but are often too intimidated to pursue Solidify your social skills with these simple, helpful tips

Get a knack for networking

KELVIN CLAVERIA
TALENTEGG.CA

ISTOCK IMAGES

▶ Getting connected, and staying connected, doesn't have to be this difficult.

Ruby Lin and Christina Buiza, leaders of the Simon Fraser University chapter of AIESEC, the world's largest student-run organization, provide these tips for your next networking event.

Prepare, prepare and prepare some more

Lin stresses the importance of research before an event. Part of this is having a clear idea of your priorities.

"Have an idea of who's going, what they're looking for and how you fit into that picture."

Dress properly

If you're not sure what the dress code is, go with business formal. Lin also advises students to look good but be comfortable at the same time.

Wear shoes that will not hurt your feet and make sure you're well-groomed.

Be interested, ask questions

One of the reasons why networking intimidates students is because they don't know what to talk about.

Buiza recommends preparing a handful of topics, such as asking the person what they thought of the speaker's talk at the event you're attending.

People are eager to talk about themselves, so ask questions about their company or profession and take a genuine interest in their story.

As a backup, Buiza says she advocates reading the news on the day of the event.

Take a quick scan of the sports, business and politics sections.

Of course, make sure you bring your business cards. Always offer your business cards and never hesitate to ask for them from others.

Follow up

One crucial step that students often forget is to follow up. "Have a notebook and pen with you at all times. After the person you just talked you is out of sight, quickly jot down the details the person gave you," Lin says.

You can then use this information to personalize your follow up.

So, when should you follow up?

It depends on the rapport you've built. It can be as soon as the day after, but be sure to let the person know you're going to follow up.

Hone your skills

Becoming great at networking won't happen overnight.

Continue to do research and practice by attending school events to get better at it. Sites such as Meetup.com also offer many less formal alternatives.

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Toy tips to boost your kids' money IQ

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Give children money and they will spend for a day, teach them about money and they will be set up for life.

A teacher's lament. Talking in class? Texting in class? Homework excuses? Nope.

Laryssa, a teacher who wrote to me last week is bemoaning how "clueless" her students are about money.

Well, I'm here to help. Easter is coming up and in addition (pun intended) to chocolate bunnies and chicks why not tuck in a game or toy that ups the kid math and money IQ?

One of the very best on-line sources of all things kid is mastermindtoys.com

Not only does it offer a host of items you won't find at the local big box store but there are staff recommendations, detailed descriptions, age and stage suggestions and options for eco-friendly play things.

I challenged them to come up with some ideas to engage young minds and improve the skills needed to compute and understand money.

Here's my top five list distilled from the Mastermind Toys recommendations.

1 Calculating Coin Jar ($17.95 Ages 4 to 6) What child doesn't love collecting. Add to that a coin sorter and you have a real hit. This one calculates the total as you go which is great for early math.

2 Play Currency ($18.95 Ages 4 to 7) Playing store is a favourite activity in the early years and it helps to have money!

3 Decorate You Own Piggy Bank (Ages 6+) Every child needs a piggy and it's even better when they can make it their own.

4 Pretend and Play Cash Register ($64.95 Ages 5-9) Though pricey, I love this toy with lots of bells and whistles including a scale and checkout scanner and it appeals to a broad age group.

5 Aba-Conundrums ($29.95 Ages 9+) This hybrid of abacus and puzzle is not only entertaining but it gets pre-teens to tweens thinking logically as they solve 120 conundrums.

ISTOCK

This Easter, why not include toys that up their math and money IQ.

For parents

For parents and teachers alike the new BMO SmartSteps for Parents is a wealth of money tips, tools and games, bmo.com/smartstepsforparents.

Fun and Frugal

LESLEY SCORGIE
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FINANCES AND LOVE

Besides infidelity, the fastest way to end a relationship is to avoid communicating about money. Monetary choices reflect a person's values, like trust or greed, and relationships can only survive if values are aligned. According to Capital One Canada and Credit Canada, eight-in-10 couples fight about money and 48 per cent feel their partner's attitude towards money is different from their own .

Financial incompatibility breaks up the majority of Canadian marriages.

Stop your relationship from hitting the rocks and start talking about money!

Take the team approach. Set aside 20 minutes per week; turn off your phone, be respectful, stick to the facts and avoid finger pointing. Your money talks should focus on building your net worth and coming up with solutions.

Start by learning your partner's financial philosophy. Then, sharpen your money savvy together by reading and discussing financial books like Rich by 40, Smart Couple's Finish Rich, and Millionaire Next Door. Visit personal finance sites like moneyville.ca and finance.yahoo.com.

Create and stick to an agreed-upon budget. This will allow you to spend less time worrying about money, and more time on your relationship. It's a tool to track income and expenses, set boundaries, and support your financial goals. And, rather than being restrictive, incorporate affordable fun. Stick to tried-and-true budget principles - spend less than you make and before you pay bills, save at least 10 per cent for yourself. Swap financial 'chores' and take on new ones each week like paying the bills online, negotiating interest rates, monitoring the budget or collecting receipts to track your spending.

Next, draft a joint financial plan which details goals and strategies for saving, spending, income and asset growth, debt reduction, insurance, estate planning and taxes. Start talking about your dreams for children, homes, retirement, etc; then break your dreams into realistic steps. Always get a second opinion from a reputable financial planner. Though you may not like to deal with financial matters, it's irresponsible to ignore them. You don't want to find yourself in a bad financial position you weren't aware you were creating.

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4 sports

Moving. Forward

▶ Roger Federer returns the ball to Juan Monaco at the Sony Ericsson Open tennis tournament in Key Biscayne, Fla., yesterday.

THE ASSOCIATED PRESS

Federer on track for another tournament title in Florida

Two-time Sony Ericsson Open champion Roger Federer and top-ranked Rafael Nadal advanced to the tournament's fourth round yesterday. Federer, who slipped to third in the rankings last week, beat No. 32 Juan Monaco 7-6 (4), 6-4. Nadal, seeking his first Key Biscayne title, never faced a break point and defeated fellow Spaniard Feliciano Lopez 6-3, 6-3.
On the women's side, No. 1-ranked Caroline Wozniacki lost in the fourth round to No. 23 Andrea Petkovic of Germany, 7-5, 3-6, 6-3.

Canucks preview

Canucks at Predators
5 p.m.
TV: SNET-P
Radio: AM 1040

These are heady times for Vancouver (50-17-9). The club reached the 50-win plateau for the first time in club history with its 4-1 decision Sunday over Columbus. Backup goalie Cory Schneider made 39 saves.

Nashville (41-25-10) is on a nice roll. Mike Fisher and David Legwand each scored twice to lead the Predators to a 4-2 win over the Dallas Stars on Saturday night. It was Nashville's sixth straight victory.
THE CANADIAN PRESS

More surgery for Malhotra

- Phoenix Suns point guard announces Vancouver centre's scheduled eye procedure on Twitter
- Will be the 30-year-old's second surgery since taking a puck in the left eye March 16

Doctors in New York City will attempt to restore the vision in Manny Malhotra's left eye today.

The Vancouver Canucks forward is scheduled to undergo a surgical procedure less than two weeks after taking a puck to the eye. The NHL team has been mum on the specific nature of the injury and made no announcement, but NBA star Steve Nash sent an update about Malhotra's condition to his Twitter feed yesterday afternoon.

"I need my brother in law, Manny Malhotra of the Vancouver Canucks, to have a successful eye surgery tomorrow saving his eye and vision," Nash wrote.

Malhotra is married to Nash's sister Joann.

Agent Paul Krepelka, who works for the Orr Hockey Group, confirmed that the surgery would take place in New York today but declined further comment. A Canucks spokesman said yesterday the team had no further update on Malhotra.

Nash has been the primary source of information about the injury, telling reporters during the Vancouver Whitecaps Major League Soccer game on March 19 that there was concern about "possibly permanent vision" damage.

"I know he's a very tough guy and a great person, but we're all just thinking about him and really worried and hoping he can come back, not only to play hockey but just get his vision back and be comfortable and live the life he deserves to live," Nash said.

Malhotra was injured when a pass deflected off the stick of Colorado defenceman Erik Johnson into his left eye. He was not wearing a visor.

Malhotra underwent surgery immediately after suffering the injury and the Canucks announced on March 21 that he was lost for the season.

Wearing a large white bandage over his face, Malhotra visited with teammates before practice a little over a week ago.

Malhotra signed a $7.5-million US, three-year contract as a free agent last summer and was second in the NHL with a 61.7 per cent faceoff win percentage when he was injured. He had 11 goals and 30 points in 72 games.
THE CANADIAN PRESS

Bertuzzi ejected in loss to Blackhawks

Detroit's Todd Bertuzzi was called for a five-minute elbowing penalty and a game misconduct in the Red Wings' 3-2 loss against the Chicago Blackhawks last night.

He hit Ryan Johnson in the head 5:17 into the game. Johnson went down to his knees and gloves for a while before slowly getting up. He went off the ice and toward the dressing room, but played later in the first.

It was the type of play that might've gone unpunished before the NHL started cracking down on such high hits. THE ASSOCIATED PRESS

Kings lose Kopitar

Los Angeles forward Anze Kopitar will have surgery on his broken ankle tomorrow.

An MRI exam yesterday confirmed the Kings' top scorer will need corrective surgery and be out indefinitely. He was injured in a victory over Colorado last Saturday. THE ASSOCIATED PRESS

MLS practice game tough on Ochocinco

Chad Ochocinco's tryout for a professional soccer team could be nearing an end.

The Cincinnati Bengals wide receiver played 30 minutes in a practice game with Sporting Kansas City of the MLS yesterday. Afterward, he agreed that his conditioning and skills were lacking.

Kansas City coach Peter Vermes said he will meet with Ochocinco today to discuss the five-day tryout.

With the NFL in a lockout, Ochocinco said he would not mind just being a practice player to stay in shape. THE ASSOCIATED PRESS

Scan code for more sports

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
dx-Philadelphia	75	45	20	4	6	238	200	100	21-11-2-4	24-9-2-2	5-1-1-3	L1
dx-Washington	76	44	22	5	5	205	182	98	22-8-2-5	22-14-3-0	8-2-0-0	W1
dx-Boston	75	42	23	5	5	226	178	94	18-13-3-2	24-10-2-3	4-4-2-0	W1
x-Pittsburgh	76	45	23	5	3	218	183	98	24-13-2-0	21-10-3-3	8-2-0-0	W4
Tampa Bay	75	40	24	5	6	223	228	91	22-11-1-4	18-13-4-2	3-3-2-2	W1
NY Rangers	76	41	30	2	3	218	181	87	18-16-1-3	23-14-1-0	8-1-0-1	W1
Montreal	76	40	29	4	3	200	196	87	22-11-3-3	18-18-1-0	4-6-0-0	L3
Buffalo	75	38	28	8	1	222	210	85	18-16-3-1	20-12-5-0	6-3-1-0	W3
Carolina	75	35	30	5	5	211	224	80	20-13-2-2	15-17-3-3	4-5-1-0	L1
Toronto	76	34	32	5	5	201	232	78	17-14-3-4	17-18-2-1	5-4-1-0	L1
Atlanta	75	32	31	5	7	210	246	76	17-15-2-5	15-16-3-2	6-3-1-0	W1
New Jersey	75	34	36	3	2	155	189	73	18-15-2-1	16-21-0-2	4-5-0-1	L3
NY Islanders	76	29	35	7	5	210	241	70	16-17-1-4	13-18-6-1	4-3-2-1	L2
Florida	76	29	36	5	6	185	209	69	15-15-4-4	14-21-2-1	3-5-0-2	L5
Ottawa	76	29	37	5	5	175	233	68	14-19-2-3	15-18-3-2	6-3-0-1	L1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
y-Vancouver	76	50	17	4	5	247	175	109	25-8-1-4	25-9-3-1	9-1-0-0	W3
d-Detroit	76	44	22	6	4	244	216	98	20-12-4-2	24-10-2-2	5-3-2-0	L1
d-San Jose	76	44	23	4	5	224	199	97	21-11-2-3	23-12-2-2	6-1-0-3	W1
Phoenix	77	41	25	7	4	219	212	93	19-13-4-2	22-12-3-2	7-2-1-0	L1
Los Angeles	75	43	26	4	2	207	181	92	23-12-3-0	20-14-1-2	7-1-2-0	W3
Nashville	76	41	25	6	4	202	179	92	22-8-4-3	19-17-2-1	8-1-1-0	W6
Anaheim	76	43	28	3	2	219	221	91	24-12-1-1	19-16-2-1	8-2-0-0	W2
Chicago	75	41	26	3	5	242	206	90	23-15-0-0	18-11-4-4	5-3-1-1	W1
Calgary	77	38	28	4	7	235	226	87	22-12-1-3	16-16-3-4	4-4-1-1	W1
Dallas	74	38	26	4	6	208	210	86	20-11-3-5	18-15-1-1	4-3-2-1	L3
Minnesota	75	35	32	3	5	188	213	78	17-16-2-3	18-16-1-2	1-7-2-0	L8
St. Louis	75	34	32	4	5	212	219	77	21-12-1-3	13-20-3-2	6-4-0-0	W2
Columbus	75	33	31	4	7	200	230	77	16-17-1-3	17-14-3-4	2-5-1-2	L4
Colorado	75	28	39	7	1	211	267	64	15-18-4-0	13-21-3-1	2-8-0-0	L3
Edmonton	75	23	41	2	9	180	249	57	12-20-1-5	11-21-2-3	1-6-1-2	L9

x — clinched playoff berth; y — clinched division title; d — division leaders; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL or SOL columns.

Last night's results
Chicago 3 Detroit 2 (OT)
Anaheim 5 Colorado 4
Sunday's results
Vancouver 4 Columbus 1
Atlanta 5 Ottawa 4 (SO)
Boston 2 Philadelphia 1
Pittsburgh 2 Florida 1 (SO)
Tonight's games
All times Eastern
Chicago at Boston, 7 p.m.
Buffalo at Toronto, 7 p.m.
Philadelphia at Pittsburgh, 7 p.m.
Carolina at Washington, 7 p.m.
Florida at Columbus, 7 p.m.
Atlanta at Montreal, 7:30 p.m.
Ottawa at Tampa Bay, 7:30 p.m.
Minnesota at St. Louis, 8 p.m.
Vancouver at Nashville, 8 p.m.
Los Angeles at Edmonton, 9 p.m.
Dallas at Phoenix, 10 p.m.
Tomorrow's games
N.Y. Rangers at Buffalo, 7 p.m.
N.Y. Islanders at New Jersey, 7 p.m.
Montreal at Carolina, 7 p.m.
St. Louis at Detroit, 7 p.m.
Anaheim at Calgary, 9:30 p.m.

BLACKHAWKS 3, WINGS 2 (OT)

First Period
1. Chicago, Toews 31 (Brouwer, Campoli) 2:54
2. Detroit, Lidstrom 15 (V.Filppula, Rafalski) 7:36
3. Chicago, Seabrook 6 (Kane, Hossa) 13:18 (pp)

Penalties — Bertuzzi Det (elbowing major, game misconduct) 5:17, Hossa Chi (slashing) 6:08, Frolik Chi (hooking) 9:55, Helm Det (tripping) 13:08, Kopecky Chi (delay of game) 14:17, R.Johnson Chi (tripping) 16:44.
Second Period — No Scoring.
Penalties — None.
Third Period
4. Detroit, Zetterberg 23 (Hudler, Rafalski) 2:25 (pp)

Penalties — Hjalmarsson Chi (high-sticking) 1:44, Ericsson Det (holding) 9:26, Kruger Chi (holding stick), Kronwall Det (slashing) 12:41, Zetterberg Det (hooking) 19:56.
Overtime
5. Chicago, Hossa 23 (Kane, Keith) 0:51 (pp)

Penalties — None.
Shots

Chicago	14	16	10	1	—41
Detroit	14	9	12	0	—35

Goal — Chicago: Crawford (W,30-15-5); Detroit: MacDonald (L,5-4-3). **Power plays (goals-chances)** — Chicago: 2-5; Detroit: 1-4.
Referees — Brad Watson, Kyle Rehman. **Linesmen** — Jonny Murray, Shane Heyer.
Att. — 20,066 (20,066) at Detroit.

DUCKS 5, AVALANCHE 4

First Period
1. Colorado, O'Reilly 11 (Hejduk, Stoa) 3:34 (pp)
2. Colorado, Duchene 27 (Hejduk, Hunwick) 5:17

Penalties — Winchester Ana (elbowing) 2:03, Koci Col, Parros Ana (fighting) 4:09, Duchene Col (hooking) 10:01, Koci Col, McLeod Col, Ruutu Ana, Parros Ana (roughing) 16:00.
Second Period
3. Anaheim, Selanne 26, penalty shot, 0:47
4. Anaheim, Blake 15 (Selanne, Koivu) 4:06
5. Anaheim, Selanne 27 (Fowler, Koivu) 9:01
6. Colorado, Jones 25 (Winnik, O'Byrne) 15:30

Penalty — Stastny Col (hooking) 5:05.
Third Period
7. Anaheim, Fowler 9 (Selanne, Visnovsky) 2:49 (pp)
8. Anaheim, Selanne 28 (Getzlaf, Visnovsky) 15:11 (pp)
9. Colorado, Stastny 21 (Hejduk, Duchene) 19:18

Penalties — Gaunce Col (tripping) 1:35, Lydman Ana (hooking) 11:51, Colorado bench (too many men; served by Hejduk) 15:00.
Shots

Colorado	13	10	12	—35
Anaheim	17	18	7	—42

Goal — Colorado: B.Elliott (L,15-25-9); Anaheim: Emery (W,5-0-0). **Power plays (goals-chances)** — Colorado: 1-2; Anaheim: 2-4.
Referees — Marc Joannette, Brian Pochmara.
Linesmen — Darren Gibbs, Mark Shewchyk.
Att. — 14,336 (17,174) at Anaheim.

SCORING LEADERS

	G	A	PT
D.Sedin, Vcr	40	56	96
H.Sedin, Vcr	19	70	89
St. Louis, TB	26	61	87
Stamkos, TB	43	43	86
Perry, Ana	44	41	85
Ovechkin, Wash	29	48	77
Zetterberg, Det	23	53	76
Iginla, Cal	36	39	75
Toews, Chi	31	44	75
Selanne, Ana	28	47	75
Kopitar, LA	25	48	73
C.Giroux, Pha	24	46	70
B.Richards, Dal	25	44	69
Getzlaf, Ana	18	51	69
Kesler, Vcr	36	32	68
Sharp, Chi	34	34	68
E.Staal, Car	31	37	68
P.Kane, Chi	25	42	67
Crosby, Pgh	32	34	66
Nash, Clb	32	34	66
Ribeiro, Dal	16	50	66
Ryan, Ana	32	33	65
Eriksson, Dal	24	41	65
J.Carter, Pha	34	30	64
Marleau, SJ	33	31	64
Vanek, Buf	26	38	64
J.Thornton, SJ	19	46	64
Visnovsky, Ana	15	48	63
M.Richards, Pha	21	41	62
Duchene, Col	27	34	61
Tavares, NYI	27	34	61
Pavelski, SJ	18	43	61
Briere, Pha	32	28	60
Clowe, SJ	24	36	60
Havlat, Minn	21	39	60
Lidstrom, Det	15	45	60
Krecji, Bos	12	48	60
Heatley, SJ	24	35	59
Tanguay, Cal	19	40	59
Backstrom, Wash	18	41	59
Lucic, Bos	30	28	58
Yandle, Phx	11	47	58
Kessel, Tor	29	28	57
Datsyuk, Det	22	35	57
J.Williams, LA	22	35	57
M.Koivu, Minn	17	40	57
Grabovski, Tor	28	28	56
Backes, StL	27	29	56
P.Stastny, Col	21	35	56
MacArthur, Tor	20	36	56
Doan, Phx	18	38	56
Ladd, Atl	27	28	55
Kulemin, Tor	28	26	54
Skinner, Car	26	28	54
Umberger, Clb	24	30	54
Ra.Whitney, Phx	15	39	54
Couture, SJ	30	23	53
P.Bergeron, Bos	22	31	53
Plekanec, Mtl	21	32	53
Elias, NJ	16	37	53
Kovalchuk, NJ	27	25	52
D.Brown, LA	25	27	52
Hossa, Chi	23	29	52
Hejduk, Col	20	32	52
Byfuglien, Atl	19	33	52
O.Jokinen, Cal	16	36	52
Franzen, Det	27	24	51
Dubinsky, NYR	22	29	51
Boyes, StL-Buf	17	34	51
Enstrom, Atl	10	41	51
T.Ruutu, Car	18	32	50
Samuelsson, Vcr	18	32	50
Morrow, Dal	28	21	49
Bourque, Cal	26	23	49
Semin, Wash	26	23	49
Horton, Bos	23	26	49
Benn, Dal	21	28	49
Weiss, Fla	21	28	49
Parenteau, NYI	18	31	49
Leino, Pha	17	32	49
Grabner, NYI	31	17	48
Moulson, NYI	30	18	48
Cole, Car	23	25	48
Steen, StL	18	30	48
J.Jokinen, Car	17	31	48
Purcell, TB	17	31	48

CRICKET

WORLD CUP

SEMIFINALS
Today's match
At Colombo, Sri Lanka
New Zealand vs. Sri Lanka
Tomorrow's match
At Mohali, India
Pakistan vs. India

BASKETBALL

NCAA TOURNAMENT

FINAL FOUR
At Houston
NATIONAL SEMIFINALS
Saturday's games
Kentucky (29-8) vs. Connecticut (30-9)
Butler (27-9) vs. Virginia Commonwealth (28-11)
NATIONAL CHAMPIONSHIP
Monday, April 4
Semifinal winners

MLB

SPRING TRAINING

Yesterday's results
Boston 3, Toronto 2
Baltimore 14, Detroit 9
San Francisco 4 Oakland 3
Minnesota 4, Pittsburgh 3
Cincinnati 9 Chicago White Sox 1
Texas 6 Arizona 4
Florida (ss) 7, St. Louis 0
Philadelphia 7, Houston 6
Seattle 7 Colorado 6
Kansas City 10 Milwaukee (ss) 0
Milwaukee (ss) 5 San Diego 4
Cleveland 4 Chicago Cubs 3
Florida (ss) vs. N.Y. Mets, ccd., rain
Washington vs. Atlanta, ccd., rain
Tampa Bay vs. N.Y. Yankees, ccd., rain
L.A. Angels at L.A. Dodgers
Today's games
All times Eastern
NY Mets vs. Wash. at Viera, Fla., 12:05 pm
Det. vs. N.Y. Yankees at Tampa, Fla., 1:05 pm
Tampa Bay vs. Bos. at Fort Myers, Fla., 1:05 pm
Toronto vs. Balt. at Sarasota, Fla., 1:05 p.m.
St. Louis vs. Florida at Jupiter, Fla., 1:05 p.m.
Milw. vs. San Diego at Peoria, Ariz., 3:05 p.m.
Cincinnati vs. Cleveland at Goodyear, Ariz., 3:05 p.m.
Chicago White Sox vs. Kansas City at Surprise, Ariz., 3:05 p.m.
Arizona vs. Chi. Cubs at Mesa, Ariz., 4:05 p.m.
Sea. vs. Colorado at Scottsdale, Ariz., 4:10 pm
Pittsburgh at Philadelphia, 7:05 p.m.
Minnesota at Atlanta, 7:05 p.m.
San Francisco at Oakland, 10:05 p.m.
L.A. Dodgers at L.A. Angels, 10:05 p.m.

SOCCER

MLS

EASTERN CONFERENCE

	W	L	T	Pts	GF	GA
Philadelphia	2	0	0	6	2	0
Chicago	1	0	1	4	4	3
New England	1	0	1	4	3	2
New York	1	0	1	4	1	0
D.C.	1	1	0	3	4	3
Toronto FC	1	1	0	3	4	4
Sporting Kansas City	1	1	0	3	5	5
Houston	0	1	1	1	1	2
Columbus	0	1	1	1	1	3

WESTERN CONFERENCE

	W	L	T	Pts	GF	GA
Real Salt Lake	2	0	0	6	5	1
Colorado	2	0	0	6	4	1
Los Angeles	1	1	1	4	3	5
Vancouver	1	1	0	3	4	3
San Jose	1	1	0	3	2	1
Seattle	0	2	1	1	1	3
FC Dallas	0	1	1	1	1	3
Chivas USA	0	2	0	0	2	4
Portland	0	2	0	0	1	5

NOTE: Three points for victory, one pt. for tie.
Friday's games
All times Eastern
FC Dallas at Columbus, 7:30 p.m.
Saturday's games
Chivas USA at Toronto FC, 1 p.m.
Sporting Kansas City at Vancouver, 7 p.m.
Houston at New York, 7:30 p.m.
Portland at New England, 7:30 p.m.
Seattle FC at San Jose, 10:30 p.m.
Philadelphia at Los Angeles, 10:30 p.m.
Sunday, April 3
D.C. United at Colorado, 7 p.m.

CONCACAF UNDER-20

CHAMPIONSHIP
At Guatemala City
Canada 2 Guadeloupe 1

AFRICAN CUP OF NATIONS

QUALIFYING
Group C
At Bamako, Mali
Libya 3 Comoros 0
EXHIBITION
Guatemala 1 Bolivia 1

TENNIS

ATP-WTA SONY ERICSSON OPEN

At Key Biscayne, Fla.
Men's Singles — Third Round
Rafael Nadal (1), Spain, def. Feliciano Lopez, Spain, 6-3, 6-3.
Roger Federer (3), Switzerland, def. Juan Monaco (32), Argentina, 7-6 (4), 6-4.
Tomas Berdych (7), Czech Republic, def. Carlos Berlocq, Argentina, 7-6 (8), 7-5.
Florian Mayer, Germany, def. Nicolas Almagro (11), Spain, 6-1, 3-6, 6-1.
Olivier Rochus, Belgium, def. Mikhail Youzhny (13), Russia, 1-6, 6-3, 6-3.
Janko Tipsarevic, Serbia, def. Philipp Petzschner, Germany, 6-3, 6-3.
Gilles Simon (25), France, def. Pablo Cuevas, Uruguay, 4-6, 6-1, 6-2.
Alexandr Dolgopolov (21), Ukr., leads Jo-Wilfried Tsonga (15), Fra., 6-7 (2), 6-4, 3-2 susp.
Men's Doubles — Second Round
Max Mirnyi, Belarus, and **Daniel Nestor (2), Toronto,** def. Sergiy Stakhovsky, Ukraine, and Mikhail Youzhny, Russia, 6-4, 6-2.
Oliver Marach, Austria, & Janko Tipsarevic, Serbia, def. Bob and Mike Bryan (1), US, 7-5, 6-4.
Jurgen Melzer, Austria, and Jurgen Melzer (4), Germany, def. Lukas Dlouhy, Czech, and Paul Hanley, Australia, 6-2, 4-6, 10-6 tiebreak.
Rohan Bopanna, India, and Aisam-ul-Haq Qureshi (7), Pakistan, def. Michal Mertinak, Slovakia, and Dick Norman, Belgium, 7-6 (4), 3-6, 10-8 tiebreak.
Robert Lindstedt, Sweden, and Horia Tecau (8), Romania, def. John Isner and Sam Querrey, U.S., 6-4, 6-4.
Women's Singles — Fourth Round
Andrea Petkovic (21), Germany, def. Caroline Wozniacki (1), Denmark, 7-5, 3-6, 6-3.
Vera Zvonareva (3), Russia, def. Marion Bartoli (15), France, 2-6, 6-3, 6-2.
Maria Sharapova (16), Russia, def. Sam Stosur (4), Australia, 6-4, 6-1.
Agnieszka Radwanska (9), Poland, def. Francesca Schiavone (5), Italy, 6-0, 6-2.
Jelena Jankovic (6), Serbia, def. Anabel Medina Garrigues, Spain, 6-1, 6-3.
Victoria Azarenka (8), Belarus, def. Anastasia Pavlyuchenkova (17), Russia, 3-6, 6-1, 6-4.
Alexandra Dulgheru (26), Romania, def. Peng Shuai, China, 6-3, 6-4.
Women's Doubles — Second Round
Sloane Stephens, U.S., and Yanina Wickmayer, Belgium, def. Bethanie Mattek-Sands and Meghann Shaughnessy (7), U.S., 1-6, 7-6 (9), 10-7 tiebreak.
Shahar Peer, Israel, and Peng Shuai, China, def. Alisa Kleybanova, Russia, and Yan Zi, China, 6-3, 4-6, 10-8 tiebreak.

GOLF

MEN'S WORLD RANKING

Through March 27

1. Martin Kaymer	Ger	7.87
2. Lee Westwood	Eng	7.54
3. Luke Donald	Eng	6.55
4. Graeme McDowell	Nlr	6.19
5. Tiger Woods	USA	5.82
6. Phil Mickelson	USA	5.70
7. Paul Casey	Eng	5.63
8. Rory McIlroy	Nlr	5.44
9. Matt Kuchar	USA	5.33
10. Steve Stricker	USA	5.24
11. Jim Furyk	USA	5.04
12. Dustin Johnson	USA	5.00
13. Ernie Els	SAf	4.73
14. Nick Watney	USA	4.65
15. Francesco Molinari	Ita	4.48
16. Ian Poulter	Eng	4.47
17. Bubba Watson	USA	4.39
18. Hunter Mahan	USA	4.18
19. Retief Goosen	SAf	4.17
20. Robert Karlsson	Swe	4.08
21. Martin Laird	Sco	3.86
22. Louis Oosthuizen	SAf	3.70
23. Tim Clark	SAf	3.67
24. Miguel Angel Jimenez	Esp	3.66
25. Alvaro Quiros	Esp	3.63
26. Justin Rose	Eng	3.60
27. Edoardo Molinari	Ita	3.52
28. Adam Scott	Aus	3.45

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
y-Chicago	53	20	.726	—
y-Boston	51	22	.699	2
x-Miami	51	22	.699	2
x-Orlando	47	27	.635	6½
x-Atlanta	42	32	.568	11½
Philadelphia	38	36	.514	15½
New York	36	38	.486	17½
Indiana	33	42	.440	21
Charlotte	31	42	.425	22
Milwaukee	29	44	.397	24
Detroit	26	47	.356	27
New Jersey	23	49	.319	29½
Toronto	20	53	.274	33
Washington	18	55	.247	35
Cleveland	14	58	.194	38½

WESTERN CONFERENCE

	W	L	Pct	GB
x-San Antonio	57	17	.770	—
y-L.A. Lakers	53	20	.726	3½
x-Dallas	52	21	.712	4½
x-Oklahoma City	48	24	.667	8
Denver	44	29	.603	12½
Portland	43	31	.581	14
New Orleans	42	32	.568	15
Memphis	41	33	.554	16
Houston	38	35	.521	18½
Phoenix	36	36	.500	20
Utah	36	39	.480	21½
Golden State	32	42	.432	25
L.A. Clippers	29	45	.392	28
Sacramento	20	52	.278	36
Minnesota	17	57	.230	40

d – division leader; **x** — clinched playoff berth; **y** — clinched division.

Last night's results
Charlotte 87, Milwaukee 86
Indiana 107, Boston 100
New York 113, Orlando 106, OT
Philadelphia 97, Chicago 85
Portland 100, San Antonio 92
Washington 100, Utah 95 (OT)
Sunday's results
Atlanta 99 Cleveland 83
Boston 85 Minnesota 82
Golden State 114 Washington 104
L.A. Lakers 102 New Orleans 84
Miami 125 Houston 119
Memphis 111 San Antonio 104
Oklahoma City 99 Portland 90
Sacramento 114 Philadelphia 111 (OT)
Dallas 91 Phoenix 83
Tonight's games
All times Eastern
Miami at Cleveland, 7 p.m.
Houston at New Jersey, 7 p.m.
Golden State at Oklahoma City, 8 p.m.
Phoenix at Sacramento, 10 p.m.

LACROSSE

NLL

EAST DIVISION

	GP	W	L	Pct.	GF	GA	GB
x-Toronto	12	9	3	.750	141	114	—
x-Buffalo	11	8	3	.727	122	102	½
Rochester	11	6	5	.545	106	117	2½
Boston	13	6	7	.462	133	120	3½
Philadelphia	12	4	8	.333	109	138	5

WEST DIVISION

	GP	W	L	Pct.	GF	GA	GB
x-Calgary	12	9	3	.750	153	132	—
x-Washington	12	6	6	.500	155	143	3
Minnesota	11	5	6	.455	124	124	3½
Edmonton	12	3	9	.250	131	160	6
Colorado	10	2	8	.200	89	113	6

x — clinched playoff berth.

WEEK 12
Sunday's result
Buffalo 12 Minnesota 9
WEEK 13
All times Eastern
Friday's games
Washington at Toronto, 7:30 p.m.
Colorado at Edmonton, 9 p.m.
Minnesota at Calgary, 9:30 p.m.
Saturday's games
Toronto at Philadelphia, 7 p.m.
Rochester at Boston, 7:30 p.m.
Washington at Buffalo, 7:30 p.m.
Calgary at Minnesota, 8:30 p.m.
Edmonton at Colorado, 9 p.m.

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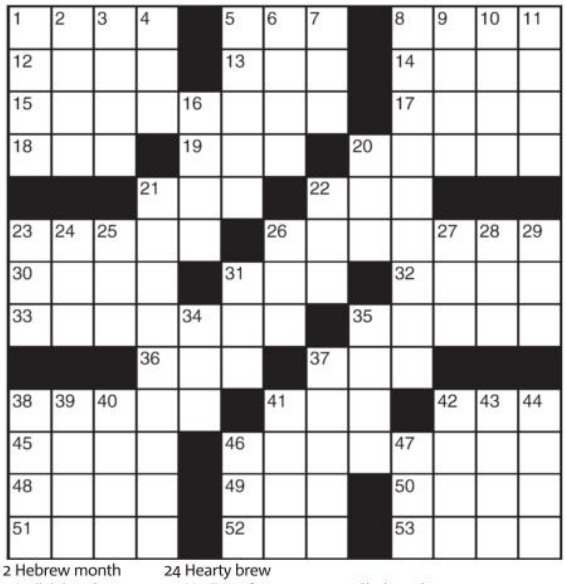
Crossword



Across

1 Mustard containers
5 Lustrous black
8 Spill the beans
12 "American —"
13 Ordinal ending
14 Corporate symbol
15 Eye shade
17 Secondhand
18 Before
19 Clay, today
20 Poor
21 Street address?
22 Unruly bunch
23 Posts
26 Boris of old horror movies
30 Additionally
31 Repair
32 Verbal
33 Account addition
35 Hackneyed
36 Pooch
37 Massachusetts cape
38 Talkative
41 Stickum
42 Vast expanse
45 Old Italian money
46 Wad
48 Valhalla VIP
49 Moreover
50 Capri, e.g.
51 Seven days
52 Past
53 Measure of meds

Down

1 Agree
2 Hebrew month
3 Judicial garb
4 Crafty
5 Wobbly dessert
6 Needle case
7 Definite article
8 Aristocrat
9 Come in last
10 On in years
11 Corpse
16 Taverns
20 Neither partner
21 Red Cross repository
22 CONTROL Agent 86
23 Frenzied
24 Hearty brew
25 NetZero, for ex.
26 DIY buy
27 Bobby of hockey
28 Enthusiast
29 Soar
31 Newton fruit
34 Sauce source
35 Prepare food
37 Time-share unit
38 Glisten
39 Staffer
40 Soft cheese
41 Group of hoodlums
42 Mediocre
43 Right angles
44 Sheltered
46 Sheep's call
47 Disencumber

▶ Yesterday's answer

A	W	L			O	W	L		P	O	P	E		
C	H	A	P		P	H	I		A	V	O	W		
T	A	I	L		T	I	L		C	A	P	E		
S	T	R	A	P		G	A	W	K					
			Y	A	M		C	H	E	E	S	E		
J	A	V	E	L	I	N		O	D	D	L	Y		
I	C	E	D		D	A	B		A	G	U	E		
V	E	N	A	L		G	O	M	P	E	R	S		
E	S	T	H	E	R		Y	O	U					
			U	T	A	H		E	N	T	R	Y		
I	V	A	N		P	I	N		C	H	O	U		
D	I	S	C		I	R	E		H	U	L	A		
A	N	K	H		D	E	W			D	E	N		

Sudoku

4			3		1			
6	2						3	4
	3			4		8		
	1		2	6				5
		5				9		
9				1	5		8	
		6		7			1	
8	9						7	3
			4		6			9

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

5	2	9	3	4	6	8	1	7
6	7	4	2	1	8	9	3	5
8	1	3	9	5	7	4	2	6
1	3	6	7	8	2	5	9	4
2	5	8	1	9	4	7	6	3
4	9	7	6	3	5	1	8	2
3	6	5	8	7	9	2	4	1
7	8	1	4	2	3	6	5	9
9	4	2	5	6	1	3	7	8

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Hey Cupcake Monster, I am so lucky to have you in my life. You take care of me and you always know how to make me laugh and smile. We have awesome chemistry at Tic-Tac-Toe Poker and I love winning with you :P But more importantly, I love you with all my heart xoxo, **YOUR PANDA BEAR**

To my Goldfish,
Hope you have a wonderful day at work. This is my first time doing this type of thing for someone special who I really love. Still this day you give me butterflies and loving you every day. Love you **SPONGE**

King, I think you are a hero on an international scale. And smart and talented and evolved and even cute. Not to mention already broken in. Please please be my boyfriend. You'll have to ask me because I don't know how to flirt.

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Showers
70%
Wednesday
11°/9°
Rain
90%
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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Try not to be too much of a perfectionist. Sometimes, the standards you set are almost impossible to reach. The Sun in your sign, along with Jupiter, makes you intensely ambitious but success isn't everything.

♉ Taurus April 21-May 21 Keep what you know to yourself today, especially if it could be dangerous to people in positions of power. There is a time to rock the boat. You'll know when it arrives.

♊ Gemini May 22-June 21 Loved ones know what you are capable of but even authority figures are beginning to realize there is something special about you. You'll make a lot of friends in the next 24 hours.

♋ Cancer June 22-July 22 Cosmic activity in the career area of your chart makes you tremendously ambitious but ambition alone is not enough. Make sure that you devote your time and energy to something that is worthy of your remarkable talents.

♌ Leo July 23-Aug.23 You must be careful that you do not mislead yourself about what is and is not possible. Temper your enthusiasm with a large dose of unnatural caution.

♍ Virgo Aug. 24- Sept. 22 At this time of year, you can't afford to be too independent. Remember, you don't have to like people in order to work with them. It's more important to trust them.

♎ Libra Sept. 23-Oct. 23 You seem to be under pressure at the moment. It will build as the week goes on. You can make life easier by not taking anything too seriously. Focus on having some fun.

♏ Scorpio Oct. 24-Nov. 22 You may have certain obligations but that does not make you a slave to other people's desires. Make sure everyone knows that you retain the ultimate right to say "yes" or "no".

♐ Sagittarius Nov. 23-Dec. 21 Cosmic activity in your fellow Fire sign of Aries means you not only have enough energy to get things done for yourself but for other people as well. Make sure you help those who deserve it.

♑ Capricorn Dec. 22-Jan. 20 Stand back from everyday worries and see your life from a wider perspective. Sometimes, it can be easy to believe that the odds are stacked against you. It simply isn't true.

♒ Aquarius Jan. 21-Feb. 18 You are not in the mood for serious things. So, do what you must as quickly as you can then move on to something that inspires you. Set a limit for the time you spend on chores.

♓ Pisces Feb. 19-March 20 Your main task today is to balance your need for emotional and material security with the need to have a good time. The more you get out and about, the more fun you'll have.

SALLY BROMPTON

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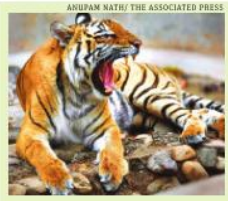

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MEXICO | Los Cabos
Hola Grand Faro Los Cabos Luxury All Inclusive Resort ❀❀❀❀
All-Inclusive • Deluxe partial oceanview rm. • May 8 - 29
$1039 Add taxes & other fees: $270

MEXICO | Los Cabos
Barceló Los Cabos Palace Deluxe ❀❀❀❀❀ PRIVILEGES
All-Inclusive • Junior suite deluxe • May 8 - 29
$1059 Add taxes & other fees: $270

MEXICO | Cancun/Riviera Maya via Calgary
Occidental Grand Xcaret ❀❀❀❀½
All-Inclusive • Deluxe rm. • May 21 & 28
$979 Add taxes & other fees: $260

MEXICO | Cancun/Riviera Maya via Calgary
Gran Bahia Principe Tulum ❀❀❀❀½ PRIVILEGES
All-Inclusive • Standard rm. • May 21 & 28
$1109 Add taxes & other fees: $260

COSTA RICA | Liberia via Toronto
Occidental Grand Papagayo ❀❀❀❀½
All-Inclusive • Deluxe rm. • Apr. 7
$1249 Add taxes & other fees: $237

BAHAMAS | Nassau via Toronto
Breezes Bahamas ❀❀❀
Super-Inclusive® • Deluxe garden view rm. • May 29
$1499 Add taxes & other fees: $140

DOMINICAN REPUBLIC | Punta Cana via Toronto
Occidental Grand Punta Cana ❀❀❀❀
All-Inclusive • Junior suite • May 13, 15 & 27
$999 Add taxes & other fees: $197

DOMINICAN REPUBLIC | Samana via Toronto
Gran Bahia Principe Cayacoa ❀❀❀❀ PRIVILEGES
All-Inclusive • Standard rm. • Apr. 9, 10 & 17
$999 Add taxes & other fees: $220

CUBA | Varadero via Calgary
Sirenis La Salina Varadero Beach Resort ❀❀❀❀
All-Inclusive • Standard rm. • May 7 & 14
$1169 Add taxes & other fees: $184

CUBA | Varadero via Calgary
Meliá Varadero ❀❀❀❀ PRIVILEGES
All-Inclusive • Standard rm. • May 28 - June 18
$1315 Add taxes & other fees: $184

JAMAICA via Toronto PRIVILEGES
Gran Bahia Principe Jamaica ❀❀❀❀½
All-Inclusive • Junior suite • May 3 - 5, 8 - 14 & 16 - 20
$1399 Add taxes & other fees: $129
Add $50 for Sat. & Sun departures

ANTIGUA via Toronto
Jolly Beach Resort & Spa ❀❀❀½
All-Inclusive • Supersaver rm. • May 8 - 29
$1439 Add taxes & other fees: $217
Add $200 for Sat. departures

ARUBA via Toronto
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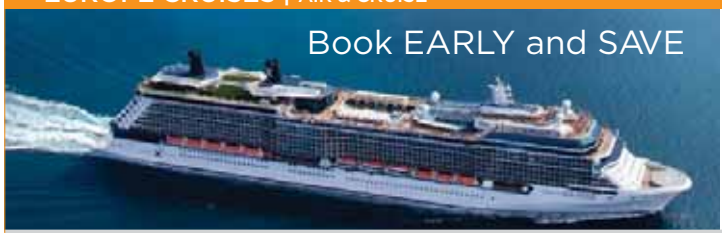

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